

The
Italian
Cookbook

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Italian Frittata ham

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 14

Ingredients:

- 7 oz mushroom
- 1 cup milk
- 8 oz ham
- 1 teaspoon minced garlic
- 9 eggs
- 1 onion
- 1 cup cherry tomatoes

- 8 oz Parmesan
- 1 tablespoon basil
- 1 tablespoon dill
- ½ teaspoon paprika
- 2 tablespoon butter
- 1 tablespoon parsley
- ½ teaspoon salt

Directions:

1. Separate the egg yolk and egg white.
2. Whisk the egg yolks until you get the lemon color of the mixture.
3. After this, whisk the egg whites till the strong peaks.
4. Combine the egg yolks and egg whites together. Pour the milk and whisk it gently until homogenous.
5. Sprinkle the liquid with the paprika and salt.
6. Then peel the onion and dice it.
7. Chop the ham.
8. Toss the butter in the deep pan and melt it.
9. When the butter is melted – put the diced onion

inside.

10. Cook it until the onion starts to be tender.
11. Then add chopped ham and cook it for 3 minutes more.
12. Meanwhile, make the halves from the tomatoes.
13. Add the tomato halves to the onion mixture.
14. Grate Parmesan cheese and slice the mushrooms.
15. Add the sliced mushrooms to the pan and simmer the mixture for 4 minutes more.
16. After this, add the minced garlic, dill, basil, paprika, and parsley in the egg mixture. Whisk it gently again.
17. Pour the egg liquid in the pan mixture and stir it.
18. Sprinkle the dish with the grated cheese and close the lid.
19. Reduce the heat to medium and cook the frittata for 3 minutes.
20. After this, transfer the pan with the frittata in the preheated to 365 F oven.
21. Cook the meal for 12 minutes more.
22. Then chill the prepared dish and serve it.

Nutrition:

calories 236,
fat 9.8,
fiber 2,
carbs 21.05,
protein 17

Ricotta Pancakes

Prep time: 20 minutes **Cooking time:** 15 minutes

Servings: 8

Ingredients:

- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoon olive oil
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 3 eggs
- 6 oz flour
- 3 tablespoon brown sugar
- 1 cup ricotta cheese

Directions:

1. Crack the eggs into the mixer bowl and whisk them.
2. After this, add ricotta cheese and mix the mixture up with the help of the wooden spatula.
3. Sift the flour and add salt.
4. After this, add brown sugar and baking soda.
5. Then sprinkle the pancake mix with the vanilla extract and cinnamon, and add 1 tablespoon olive oil.
6. Take the hand mixer and mix the dough until it has the texture of the smooth sour cream.
7. Place the cooked dough in the fridge for 10 minutes.
8. Meanwhile, spray the pan with the 1 tablespoon of olive oil inside and preheat it on the medium heat.
9. Then remove the dough from the fridge and ladle the medium amount of the dough in the preheated pan.

10. Make the pancake and cook it for 3 minutes from the one side.
11. After this, turn the pancake to another side and cook it for 1.5 minutes more.
12. Make the same steps with all the dough.
13. Serve the prepared dish immediately.

Nutrition:

calories 221

fat 11.2

fiber 1

carbs 20.08

protein 9

Purgatorio Al Uova

Prep time: 10 minutes **Cooking time:** 5 minutes

Servings: 7

Ingredients:

- 7 oz red onion
- 6 oz green olives
- 1 cup tomatoes
- 15 egg
- ¼ teaspoon salt
- 7 oz Caciotta
- 4 tablespoon olive oil
- 1 tablespoon basil

Directions:

1. Chop the tomatoes and slice the green olives.
2. After this, peel the onion and dice it.
3. Spray the olive oil inside the pan and preheat it until it starts to boil.
4. Then put the diced onion in the preheated oil and simmer the vegetable until it has a soft texture.
5. Add chopped tomatoes and sauté the mixture for 3 minutes more on the medium heat.
6. Then sprinkle the vegetables with the green olives. Cook the dish for 2 minutes more. Stir it gently.
7. Chop Caciotta.
8. Crack the eggs into the skillet and sprinkle them with salt and basil.
9. Cook the dish until eggs are cooked but the egg yolks still liquid.
10. Then sprinkle the dish with the chopped Caciotta and basil.

11. Cook the dish for 1 minute more.

Nutrition:

calories 396

fat 32.2

fiber 2

carbs 6.59

protein 20

Savory Breakfast Ham Casserole

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 14

Ingredients:

- 2 tablespoon tomato paste
- 1 tablespoon olive oil
- ¼ cup spinach
- 4 green sweet pepper
- 2 large onion
- 14 oz Crescent Roll
- 14 oz ham
- 8 oz salami
- 10 eggs
- 10 oz Mozzarella
- 1 teaspoon parsley
- 1 teaspoon dill
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Directions:

1. Discard the seeds from the sweet peppers and finely chop them.
2. Then peel the onions and dice them.
3. Add the olive oil to the pan and preheat it until the oil starts to boil.
4. Then add the chopped sweet peppers and diced onions.
5. Roast the vegetables for 4 minutes on the medium heat.
6. After this, add tomato paste and simmer the vegetables for 1 minute more.
7. Meanwhile, slice the ham and salami.

8. Grate Mozzarella.
9. Crack the eggs into the big bowl and whisk them.
10. Sprinkle the whisked eggs with the parsley, dill, salt, and ground black pepper.
11. Chop the spinach and add it to the eggs.
12. Then place Crescent roll in the big casserole form and add the sliced salami.
13. Then make the layer of the sliced ham.
14. After this, pour the whisked egg mixture.
15. Cover the mixture with the layer of the cooked vegetables.
16. In the end, sprinkle the casserole with the grated cheese.
17. Place the uncooked casserole in the oven and cook it at 365 F for 15 minutes.
18. When the cheese is melted and all the ingredients are cooked – remove the casserole from the oven.
19. Chill it carefully.
20. Cut the cooked casserole into pieces and serve it.

Nutrition:

calories 321

fat 14.8

fiber 2

carbs 21.8

protein 25

Italian Basil Baked Eggs

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 7

Ingredients:

- ½ teaspoon salt
- ½ cup basil
- 2 garlic cloves
- 7 eggs
- ½ teaspoon thyme
- 7 teaspoon olive oil
- 7 oz Cheddar cheese
- 1 cup cherry tomatoes

Directions:

1. Grate Cheddar cheese.
2. Wash the basil and chop it.
3. Slice the cherry tomatoes and garlic cloves.
4. After this, sprinkle the cast-iron pan with the olive oil and preheat it.
5. Add the cherry tomatoes and garlic cloves and simmer the mixture for 5 minutes on the medium heat.
6. Then sprinkle it with the basil and thyme.
7. Cook the vegetables for 2 minutes more.
8. After this, preheat the oven to 360 F.
9. Crack the eggs into the vegetable mixture.
10. Sprinkle the eggs with the salt and grated Cheddar cheese.
11. Put the dish in the preheated oven and cook it for 10 minutes more.
12. When the eggs are baked – remove them from the oven and chill well.
13. Serve the cooked dish warm.

Nutrition:

calories 22,

fat 16.7

fiber 0

carbs 4.58

protein 13

Burrata Pizza Cheese

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 8

Ingredients:

- ¼ cup fresh basil
- 4 tablespoon pizza sauce
- ¼ teaspoon ground black pepper
- ½ teaspoon paprika
- 15 oz prosciutto
- 13 oz Burrata cheese
- 13 oz pizza dough
- 1 teaspoon oregano

Directions:

1. Preheat the oven to 400 F.
2. Roll the pizza dough carefully and stretch it to get the shape of the pizza.
3. Then spread the pizza dough with the pizza sauce and transfer it to the preheated oven.
4. Cook the pizza crust for 5 minutes.
5. Meanwhile, slice the prosciutto.
6. Chop the fresh basil roughly.
7. Combine the ground black pepper, paprika, and oregano in the shallow bowl. Mix the mixture up.
8. After this, remove the pizza crust from the oven and chill it little.
9. Slice Burrata cheese and sprinkle the pizza crust with it.
10. Then sprinkle the sliced cheese with the spice mixture.
11. Put the pizza in the oven and cook it for 5

minutes more or till the cheese starts to melt.

12. Then remove the pizza from the oven and sprinkle it with the prosciutto.
13. Return the pizza back in the oven and cook it for 3 minutes more.
14. Serve the pizza hot.

Nutrition:

calories 291

fat 14.5, fiber 1

carbs 28.39

protein 12

Stuffed Peppers With Ground Chicken

Prep time: 10 minutes **Cooking time:** 30 minutes

Servings: 5

Ingredients:

- 14 oz Mozzarella
- 1 teaspoon chili flakes
- 8 oz ground chicken
- 1 tablespoon minced garlic
- 1 tablespoon butter
- 1 teaspoon salt
- 1 tablespoon fresh parsley
- 1 teaspoon dill
- 1 teaspoon olive oil
- 5 sweet green pepper

Directions:

1. Wash the green peppers carefully and cut them into the halves.
2. After this, discard the seeds from the peppers and spread the vegetables with the olive oil.
3. Chop Mozzarella cheese.
4. Combine the ground chicken with the chili flakes and salt.
5. Add fresh parsley and dill.
6. After this, add the butter and mix the mixture up.
7. Preheat the oven to 365 F.
8. Fill the pepper halves with the ground chicken mixture and sprinkle with the cheese.
9. Then wrap the sweet pepper halves in the foil and transfer them in the preheated to 365 F oven.
10. Cook the dish for 25 minutes.

11. When the time is over – remove the peppers from the foil and cook them for 5 minutes more.

Nutrition:

calories 230

fat 7.2

fiber 3

carbs 8.37

protein 34

Italian Aromatic Breakfast Bombs

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 8

Ingredients:

- 5 egg
- 6 oz Parmesan
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper
- 1 chili pepper
- 5 tablespoon butter
- 1 tablespoon dill
- 6 oz smoked bacon
- 1 tablespoon basil
- 1 tablespoon parsley
- 3 tablespoon milk
- 1 teaspoon chili flakes
- 10 oz yeast dough
- 1 teaspoon olive oil

Directions:

1. Defrost the yeast dough.
2. Slice the smoked bacon and place it on the tray.
3. Preheat the oven to 365 F and put the tray with the sliced bacon there.
4. Pour the olive oil into the pan and preheat it.
5. Beat the eggs in the preheated olive oil and cook the eggs for 2 minutes.
6. After this, scramble the eggs. Sprinkle the eggs with the ground white pepper and add milk.
7. Mix the mixture up well and remove it from the heat.
8. Then remove the sliced bacon from the oven and chill it.

9. Then chop the sliced crunchy bacon and combine it with the scrambled egg mixture.
10. Chop the chili pepper and add it there too.
11. Then chop Parmesan and add it to the egg mixture too.
12. Separate the yeast dough into 8 medium balls and roll every ball.
13. Place the egg mixture in the middle of every ball and pinch them to make the shape of real bombs.
14. Preheat the oven to 365 F.
15. Melt the butter and combine it with the dill, basil, parsley, and chili flakes.
16. Transfer the bombs in the round form.
17. Spread the bombs with the butter0herb mixture.
18. Out the form in the preheated oven and cook it for 30 minutes.
19. Then remove the cooked breakfast bombs from the oven and chill them for about 15 minutes.
20. Separate the breakfast bombs and serve them.

Nutrition:

calories 368

fat 21.8

fiber 3

carbs 18.79

protein 25

Italian Breakfast Torte

Prep time: 15 minutes **Cooking time:** 45 minutes

Servings: 10

Ingredients:

- 1 cup spinach
- 5.3 oz mushrooms
- 8 egg
- 7 oz Parmesan
- 3 tablespoon Italian seasoning
- 1 teaspoon paprika
- 1-pound crescent roll
- 8 oz ham
- 3 oz olive oil
- 7 oz salami
- 8 oz Romano cheese
- $\frac{1}{4}$ teaspoon nutmeg
- 1 teaspoon tomato paste

Directions:

1. Separate the crescent roll into 2 parts and roll every part with the help of the rolling pin.
2. Chop the mushroom and spinach.
3. Combine the ingredients together and sprinkle with the olive oil.
4. After this, grate Parmesan cheese and slice the ham.
5. Chop the salami and Romano cheese.
6. Combine Parmesan cheese and Romano cheese together. Mix the mixture up.
7. After this, toss the mushroom mixture in the pan and add tomato paste.
8. Roast the mixture for 10 minutes on the medium heat.

9. Then sprinkle the roasted mixture with the paprika and Italian seasoning.
10. Place the 1 part of the crescent roll in the form.
11. Then make the layer of $\frac{1}{2}$ of all the spinach mixture.
12. Add the $\frac{1}{2}$ part of ham and salami.
13. Then add $\frac{1}{2}$ part of cheese mixture.
14. Beat the eggs in the bowl and whisk them well.
15. Pour the $\frac{1}{2}$ of egg mixture in the form.
16. Then cover the mixture with the second part of the crescent roll.
17. After this, make the layers of spinach mixture, ham and salami, and cheese.
18. Pour the second part of the egg mixture and put the torte in the preheated to 365 F oven.
19. Cook the dish for 35 minutes or until it is cooked and has the golden brown color of the crust.
20. Then chill the torte and slice it.

Nutrition:

calories 624

fat 32.1

fiber 3

carbs 47.3

protein 37

Italian Strata mushrooms

Prep time: 20 minutes **Cooking time:** 65 minutes

Servings: 14

Ingredients:

- 1-pound Italian sausage, cooked
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 10 oz provolone
- 4 egg
- 3 cup milk
- 8 oz mushrooms
- 10 oz dried bread, sliced
- 6 tablespoon butter
- 1 teaspoon mustard
- 3 red onion
- 1 teaspoon oregano
- 1 teaspoon fresh dill

Directions:

1. Slice the mushrooms and dice the onion.
2. Combine the ingredients together.
3. Melt the butter gently and combine it with the salt, ground black pepper, and oregano.
4. Churn the mixture.
5. Then put the ½ of the dried bread in the form and spread the bread with the churned mixture.
6. Put the remaining butter in the pan and add diced onion and sliced mushrooms.
7. After this, simmer the vegetables for 5 minutes on the medium heat.
8. Beat the eggs in the bowl and whisk them.
9. Add the mustard and fresh dill and stir it gently.
10. Chop the sausages and provolone.

11. When the mushroom mixture is cooked – transfer it in the form and make the layer over the dried bread.
12. Add chopped sausages and provolone.
13. Then combine whisked eggs with milk and stir it.
14. Cover the form with the sliced bread and pour the egg liquid.
15. Place the form in the freezer and freeze it overnight.
16. After this, preheat the oven to 365 F and put the frozen dish there.
17. Cook it for 55 minutes.
18. Then remove the dish from the oven and chill it gently.

Nutrition:

calories 408,

fat 25.8

fiber 3

carbs 28.09

protein 18

Italian Peperonata

Prep time: 10 minutes **Cooking time:** 18 minutes

Servings: 8

Ingredients:

- 5-pound bell pepper, colorful
- 7 oz tomato paste
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt
- 4 tablespoon olive oil
- 5 oz garlic clove
- ½ teaspoon ground black pepper
- 3 white onion

Directions:

1. Peel the garlic cloves and onion.
2. Then slice the vegetables.
3. After this, cut the bell peppers into the strips.
4. Sprinkle the onion and garlic cloves with the salt and ground black pepper.
5. Then pour the olive oil into the saucepan and preheat it.
6. Add the sliced onion and garlic cloves.
7. Simmer the vegetables for 5 minutes. Stir the mixture frequently.
8. Then add the bell pepper strips.
9. Sprinkle the mixture with the apple cider vinegar and roast it for 8 minutes. Stir it time to time.
10. Then add the tomato paste and mix the mixture carefully.
11. Simmer the dish until all the ingredients are soft.
12. Then remove the cooked dish from the heat and chill it till the peperonata gets the room

temperature.

Nutrition:

calories 284

fat 10

fiber 7

carbs 47.36

protein 9

Italian Garlic Mushrooms

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 8

Ingredients:

- 1 teaspoon ground black pepper
- 4 oz cheddar cheese
- 2 tablespoon minced garlic
- 1 tablespoon Italian seasoning
- 1 tablespoon green chives
- 1-pound mushroom
- ¼ teaspoon salt
- 1 teaspoon olive oil

Directions:

1. Slice the mushrooms and sprinkle them with the salt.
2. Combine the minced garlic with the ground black pepper and olive oil.
3. Then toss the minced garlic mixture in the pan and roast it for 1 minute.
4. After this, add sliced mushrooms.
5. Simmer the mixture for 15 minutes. Stir it constantly. You should not get the brown color of the ingredients.
6. Then sprinkle the dish with Italian seasoning and chives.
7. Grate cheddar cheese.
8. Then add the grated cheese and mix the dish carefully until the cheese is melted.
9. Place the cooked meal on the serving plates and serve the dish hot.

Nutrition:

calories 207

fat 2.4

fiber 7

carbs 46.13

protein 8

Italian-Style Orzo Parmesan

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients:

- 7 cup chicken broth
- 8 oz Parmesan
- 2 tablespoon fresh dill
- 1 teaspoon minced garlic
- 5 tablespoon walnuts
- 3 cup orzo
- 2 tablespoon butter
- $\frac{1}{4}$ teaspoon chili flakes
- 1 teaspoon salt

Directions:

1. Put the butter in the saucepan and melt it.
2. Add the orzo roast it for 4 minutes. Stir it frequently.
3. After this, add chicken broth and salt, and close the lid.
4. Simmer the orzo until it soaks all the liquid.
5. After this, add fresh dill, minced garlic, walnuts, and chili flakes.
6. Grate Parmesan cheese.
7. Mix the orzo carefully and transfer it to the serving bowls.
8. Sprinkle the prepared dish with the grated cheese and wait till it starts to melt.

Nutrition:

calories 244

fat 8.2

fiber 2
carbs 27.69
protein 17

Italian Savory Bread Pasta

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients:

- 6 cup chicken stock
- 8 oz pasta noodles
- 2 tablespoon tomato sauce
- 1 teaspoon paprika
- 1 tablespoon butter
- 1 teaspoon Italian seasoning
- ½ teaspoon chili flakes
- 1 teaspoon minced garlic
- 1 cup breadcrumbs
- ¼ teaspoon dried dill

Directions:

1. Pour the chicken stock into the saucepan and preheat it.
2. Add the pasta noodles and cook them according to the directions of the manufacturer.
3. Meanwhile, combine the breadcrumbs with the dried dill and paprika.
4. Add chili flakes and stir the breadcrumbs mixture.
5. When the pasta noodles are cooked – strain them in the colander and add butter.
6. Combine the tomato sauce with the Italian seasoning, minced garlic, and mix the mixture up.
7. Transfer the pasta noodles in the big bowl and sprinkle with the tomato sauce mixture and stir it.
8. Then sprinkle the cooked dish with the bread

crumbs and stir it gently.

9. Transfer the prepared dish to the serving plates.

Nutrition:

calories 133

fat 4

fiber 2

carbs 17.88

protein 6

Rice-A-Roni Beef Broth

Prep time: 10 minutes **Cooking time:** 17 minutes

Servings: 5

Ingredients:

- 4 cup beef broth
- 3 tablespoon butter
- 2 tablespoon dried parsley

- 2 cup spaghetti
- 1 cup rice

Directions:

1. Put the butter in the saucepan and melt it.
2. Broke the spaghetti and add them to the melted butter.
3. Sauté the broken spaghetti for 5 minutes on the medium heat.
4. Then add beef broth and rice.
5. Mix the mixture up and sprinkle it with the dried parsley.
6. Close the lid and cook the dish until it soaks all the liquid.
7. Then stir it gently and chill to the room temperature.
8. Serve it immediately.

Nutrition:

calories 219

fat 2.6

fiber 8

carbs 26.77

protein 8

Macaroni Salad with Mozzarella

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients:

- 1 cup fresh parsley
- 2 tablespoon olive oil
- 1 tablespoon Italian seasoning
- 4 tablespoon lemon juice
- 1 teaspoon lemon zest
- ½ pound macaroni
- 6 cup chicken stock
- 1 teaspoon salt
- 9 oz salami
- 8 oz Mozzarella
- 1 red onion
- 1 garlic clove
- 2 tablespoon heavy cream

Directions:

1. Pour the chicken stock into the saucepan and add salt. Stir it until salt is dissolved.
2. Preheat it and add macaroni.
3. Cook the macaroni for 15 minutes or till they are al-dente.
4. Meanwhile, cut the salami into the strips.
5. Slice Mozzarella.
6. Peel the red onion and garlic clove.
7. Slice the vegetables and combine them with the olive oil and Italian seasoning.
8. Then chop the fresh parsley and combine it with the lemon juice and lemon zest.
9. Whisk the dressing.
10. After this, strain the cooked macaroni in

the colander and chill them to the room temperature.

11. Then place the cooked macaroni in the big salad bowl.
12. Add fresh parsley mixture.
13. After this, add salami strips and olive oil liquid.
14. After this, sprinkle the salad with the sliced Mozzarella.
15. Mix the salad up with the help of two wooden spatulas.
16. Serve the cooked macaroni salad immediately. It should be still warm during serving.

Nutrition:

calories 387

fat 17.5

fiber 2

carbs 31.93

protein 24

Fettuccini Pasta

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 9

Ingredients:

- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon garlic powder
- 1-pound fettuccini pasta
- 8 cup water
- 8 tablespoon butter
- 1 cup heavy cream
- 8 oz Parmesan cheese

Directions:

1. Pour water into the saucepan and preheat it.
2. Add Fettuccini pasta and cook it till it is al-dente.
Approximately 10-12 minutes.
3. Meanwhile, pour the heavy cream into the saucepan and add salt.
4. Simmer the heavy cream for 3 minutes.
5. After this, add butter and ground black pepper.
6. Then add garlic powder.
7. Chop the cheese and add it to the heavy cream mixture too.
8. Sauté the sauce for 7-8 minutes on the medium heat or till the sauce gets the smooth and homogenous texture.
9. When fettuccini is done – strain it in the colander and transfer to the big serving bowl.
10. Add the hot heavy cream sauce and stir it carefully.
11. Serve Fettuccini immediately.

Nutrition:

calories 310

fat 22.6

fiber 3

carbs 18.97

protein 9

Italian Couscous with Parmesan

Prep time: 8 minutes **Cooking time:** 25 minutes

Servings: 7

Ingredients:

- 8 oz Parmesan
- 3 tablespoon fresh dill
- 1 teaspoon salt
- 4 cup Italian couscous
- 7 tablespoon butter
- 8 cup water

Directions:

1. Combine water with salt in the saucepan.
2. Preheat the liquid until it starts to boil.
3. After this, add couscous and close the lid.
4. Cook the couscous on the medium heat for 18 minutes.
5. The cooked couscous should soak all the liquid.
6. When the couscous is cooked – add the butter and mix the mixture carefully.
7. Chop the fresh dill and grate Parmesan cheese.
8. Add the prepared ingredients to the couscous and mix it carefully.
9. When the grated cheese is melted – serve the couscous immediately.

Nutrition:

calories 331
fat 13.7
fiber 2
carbs 35.3 6
protein 17

Creamy Italian Quinoa

Prep time: 10 minutes **Cooking time:** 10 minutes

Servings: 5

Ingredients:

- 1 teaspoon salt
- 3 tablespoon butter
- 10 oz Parmigiano Reggiano
- 4 cup water
- 4 cup quinoa
- 1 teaspoon chili flakes

Directions:

1. Combine water with quinoa in the saucepan.
2. Close the lid and cook the mixture for 10 minutes on the medium heat.
3. The quinoa should soak all the liquid.
4. Meanwhile, melt the butter little to make it soft.
5. Combine the soft butter with the salt, and chili flakes.
6. Chop Parmigiano Reggiano into the flakes and add it to the butter mass.
7. When the quinoa is cooked – add the butter mass in the hot dish and stir it carefully.
8. Keep mixing the quinoa until the cheese starts to melt.
9. Then put the cooked quinoa in the serving bowls.

Nutrition:

calories 563

fat 15.2

fiber 10

carbs 87.53

protein 19

Penne Pasta with Cheese

Prep time: 10 minutes **Cooking time:** 13 minutes

Servings: 5

Ingredients:

- 1 tablespoon minced garlic
- 1 cup cherry tomatoes
- 10 oz Mozzarella
- 7 oz Cheddar cheese
- 9-ounces penne pasta
- 2 teaspoon basil oil
- 1 teaspoon olive oil
- ¼ cup fresh basil

Directions:

1. Cook the penne pasta in the water for 12 minutes on the medium heat.
2. Meanwhile, wash the fresh basil and chop it.
3. Pour the olive oil into the pan and preheat it.
4. Add the minced garlic and fresh basil.
5. Reduce the heat to minimum and sauté the mixture for 2 minutes,
6. Chop the cherry tomatoes and grate Mozzarella and Cheddar cheese.
7. Add the chopped tomatoes to the pan mixture and stir it well.
8. When the tomatoes start to get juice – add the grated cheese and increase the heat to the medium level.
9. Stir the mixture very carefully until the cheese starts to melt.
10. When the penne pasta is cooked – drain it and transfer to the bog bowl.

11. Add the melted cheese mixture and stir it carefully.
12. Serve it and enjoy!

Nutrition:

calories 242

fat 6.6

fiber 4

carbs 21.34

protein 25

Mascarpone Toasts Cheese

Prep time: 7 minutes **Cooking time:** 5 minutes **Servings:** 8

Ingredients:

- 16 oz French bread
- 1 tablespoon pistachio, crushed
- 1 tablespoon liquid honey
- 6 oz mascarpone cheese
- 2 garlic cloves
- 1 teaspoon olive oil
- 1 teaspoon chili flakes

Directions:

1. Slice the French bread.
2. Peel the garlic cloves and mince them.
3. Combine the minced garlic with the olive oil and stir the mixture.
4. Rub the sliced bread with the garlic-oil mixture carefully.
5. Preheat the non-sticky pan carefully on the high heat.
6. Then add the bread slices and fry them for 1 minute on the each side. You should get the golden brown color of the toasts.
7. Combine mascarpone cheese with the crushed pistachio and chili flakes.
8. Churn the mixture well.
9. Cool the bread toasts carefully.
10. Spread the toasts with the mascarpone paste.
11. Serve the meal immediately.

Nutrition:

calories 236

fat 6.9

fiber 2

carbs 34.12

protein 10

Garlic Breadsticks with Parmesan Cheese

Prep time: 10 minutes **Cooking time:** 10 minutes

Servings: 12

Ingredients:

- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cilantro
- 14 oz breadsticks dough, frozen
- 4 tablespoon minced garlic
- 10 oz Parmesan cheese
- 3 tablespoon butter

Directions:

1. Firstly, defrost the breadsticks dough and separate them into the independent breadsticks.
2. After this, combine the minced garlic, basil, oregano, paprika, and cilantro in the bowl.
3. Add butter and churn the mixture.
4. Grate Parmesan cheese.
5. Then put the breadsticks in the butter mixture.
6. After this, sprinkle the breadsticks with the grated cheese.
7. Preheat the oven to 365 F.
8. Cover the tray with the parchment.
9. Put the prepared breadsticks in the tray and transfer it to the oven.
10. Cook the snack for 10 minutes.
11. Then remove the cooked snack from the oven and chill it very well.

Nutrition :

calories 172

fat 10.7
fiber 0
carbs 11.56
protein 8

Scented Deviled Eggs

Prep time: 10 minutes **Servings:** 8

Ingredients:

- 8 eggs, boiled
- 3 tablespoon Romano cheese
- 1 teaspoon paprika
- 2 tablespoon pesto sauce
- 1 tablespoon mayo sauce
- 1 teaspoon mustard
- ½ teaspoon ground black pepper
- 1 tablespoon dill
- 1 teaspoon lime juice

Directions:

1. Peel the eggs and cut them into the halves.
2. Then remove the egg yolks from the eggs and mash them carefully in the separated bowl with the help of the fork.
3. After this, add the mustard, mayo sauce, pesto sauce, and lime juice.
4. Blend the mixture with the help of the hand blender.
5. Then season the smooth mixture with the ground black pepper and paprika.
6. Add dill.
7. Grate Romano cheese and add it to the egg yolk mixture too.
8. Stir it carefully with the fork again.
9. Then fill the pastry bag with the egg yolk mixture and fill the egg whites with it.
10. Put the cooked eggs in the fridge and keep them there till you serve them.

Nutrition:

calories 157

fat 12

fiber 0

carbs 2.29

protein 10

Italian Garlic Bread

Prep time: 8 minutes **Cooking time:** 6 minutes **Servings:** 8

Ingredients:

- 1 tablespoon fresh parsley
- 8 oz Cheddar cheese
- 3 tablespoon basil oil
- 1 teaspoon chili flakes
- 3 oz garlic cloves
- 14 oz white bread
- 1 tablespoon fresh dill
- 4 tablespoon butter

Directions:

1. Slice the bread roughly.
2. Then preheat the oven to 365 F.
3. Put the sliced bread on the tray and put it in the oven.
4. Bake the bread for 3 minutes on the each side or till the bread gets golden brown color.
5. Meanwhile, place the butter in the blender.
6. Add fresh dill and fresh parsley.
7. After this, add basil oil.
8. Peel the garlic and slice it.
9. Add the sliced garlic to the butter mixture and blend it.
10. Slice Cheddar cheese.
11. When the bread is cooked – remove it from the oven.
12. Spread the bread slices with the blended butter mixture from the both sides.
13. After this, let the bread slices chill little.
14. Put the cheese slices on the bread and

serve it immediately.

Nutrition:

calories 283

fat 14.7

fiber 5

carbs 29

protein 10

Easy Italian Rolls

Prep time: 25 minutes **Cooking time:** 30 minutes

Servings: 8

Ingredients:

- 3 tablespoon butter
- 1 tablespoon minced garlic
- 1 tablespoon Italian seasoning
- 1 egg yolk
- 1 teaspoon fresh yeast
- 1 cup water
- ½ tablespoon sugar
- 3 cup flour
- 1 teaspoon olive oil

Directions:

1. Combine fresh yeast with water. Take the warm water.
2. Then stir the mixture with the help of the fork to make the fresh yeast dissolve.
3. After this, add sugar and sift 1 cup of the flour.
4. Mix the mixture up till it is homogenous and cover with the paper towel.
5. Leave the mixture for at least 10 minutes at the warm place.
6. When the bubbles start to exist at the surface of the dough – add salt and the remaining flour.
7. Knead the smooth and non-sticky dough.
8. Then leave the dough for 15 minutes to make it rise.
9. Preheat the oven to 365 F.
10. When the dough is raised – separate it into the medium buns.
11. Spray the form with the olive oil inside

and place the dough buns there.

12. Whisk the egg yolk and cover the surface of the buns with it.
13. Bake the buns for 30 minutes in the oven.
14. Meanwhile, melt the butter and combine it with Italian seasoning.
15. Churn the mixture.
16. When the buns are cooked – brush them with the melted butter mixture.

Nutrition:

calories 229

fat 5.9

fiber 2

carbs 37.48

protein 6

Italian Tomato Bruschetta

Prep time: 10 minutes **Cooking time:** 5 minutes

Servings: 8

Ingredients:

- 1 tablespoon fresh parsley
- 1 teaspoon paprika
- 1 teaspoon oregano
- 2 tablespoon fresh basil
- ½ cup tomatoes
- 1 teaspoon minced garlic
- 2 tablespoon sunflower oil
- 10 oz baguette
- 1 tablespoon apple cider vinegar

Directions:

1. Slice the baguette into the serving slices.
2. Preheat the oven to 365 F and place the baguette slices there.
3. Bake the baguette for 5 minutes. Turn the baguette slices into another side during the baking to get the golden brown color.
4. Meanwhile, wash the tomatoes and chop them finely.
5. Sprinkle the tomatoes with the sunflower oil, minced garlic, fresh parsley, paprika, oregano, and fresh basil.
6. Mix the mixture up and place it in the fridge.
7. When the baguette is baked – remove it from the oven and chill well.
8. After this, remove the tomato mixture from the fridge and sprinkle it with the apple cider vinegar. Stir it.
9. Then spread the baguette slices with the tomato

mixture.

10. Serve the tomato bruschetta immediately.

Nutrition:

calories 132

fat 4.4

fiber 1

carbs 19.37

protein 4

Parmesan Zucchini Tots

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 10

Ingredients:

- 1 teaspoon paprika
- 1 teaspoon basil
- 1 teaspoon cilantro
- 2 eggs
- 1-pound green zucchini
- 1 teaspoon salt
- 1 cup breadcrumbs
- 9 oz Parmesan
- 1 teaspoon chili flakes
- 3 tablespoon fresh dill

Directions:

1. Peel the zucchini and grate them.
2. After this, combine the grated zucchini with the eggs and mix the mixture up until it is homogenous.
3. After this, sprinkle the zucchini mixture with the salt, paprika, basil, cilantro, chili flakes and fresh dill.
4. Mix it up and add breadcrumbs.
5. Grate Parmesan cheese and add it to the zucchini mixture.
6. After this, knead the smooth dough.
7. Cover the tray with the parchment.
8. Make the small zucchini tots from the zucchini dough and place them on the tray.
9. Preheat the oven to 365 F.
10. Put the tray with the zucchini tots in the

oven and cook them for 20 minutes totally.

11. Then chill the cooked parmesan zucchini tots carefully.

Nutrition:

calories 145

fat 3.8

fiber 1

carbs 14.94

protein 13

Lasagna Rolls

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 8

Ingredients:

- 1 teaspoon ground black pepper
- 1 tablespoon butter
- 1 cup ricotta cheese
- 8 oz mozzarella
- 8 lasagna noodles
- 1 cup tomato sauce
- 10 oz ground chicken
- 1 teaspoon salt
- 1 teaspoon thyme
- 3 onions
- 1 teaspoon minced garlic

Directions:

1. Cook the lasagna noodles in the water for 13 minutes.
2. Meanwhile, peel the onions and dice them.
3. Combine the diced onions with the minced garlic. Stir the mixture well.
4. After this, toss the mixture in the pan and add ricotta cheese and tomato sauce.
5. Sprinkle the mixture with the salt, ground black pepper, and thyme.
6. Then slice mozzarella.
7. Toss the butter in the pan and melt it.
8. Add the tomato sauce mixture and simmer it for 6 minutes.
9. Then remove the cooked mixture from the heat and let it chill.

10. Add the ground chicken and stir the mixture.
11. When the lasagna noodles are cooked – chill them well.
12. Place of the lasagna noodle in the form and spread it with the tomato sauce mixture.
13. Roll the lasagna noodle.
14. Make the same steps with all the lasagna noodles.
15. After his, place all the rolls in the form and sprinkle them with the remaining tomato sauce.
16. Add the sliced mozzarella.
17. After this, put the lasagna rolls in the preheated to 365 F oven and cook them for 12 minutes more.
18. Let the cooked dish chill well and serve it.

Nutrition:

calories 249

fat 9.7

fiber 4

carbs 17.76

protein 22

Parmesan With Tomato Rounds

Prep time: 10 minutes **Cooking time:** 5 minutes

Servings: 8

Ingredients:

- 1 teaspoon minced garlic
- 1 tablespoon basil
- 1 teaspoon rosemary
- 1-pound large tomatoes
- 12 oz Parmesan
- 1 teaspoon oregano
- 1 teaspoon cilantro
- 1 tablespoon olive oil

Directions:

1. Slice Parmesan.
2. Combine the olive oil with the oregano, cilantro, minced garlic, basil, and rosemary.
3. Slice the tomatoes roughly.
4. Preheat the grill well.
5. Then put the sliced tomatoes on the grill and grill them for 30 seconds from the each side.
6. After this, brush every side of the tomato with the olive oil mixture.
7. Put the sliced Parmesan cheese at the top of every tomato slice.
8. Cook the tomatoes till Parmesan cheese is melted.
9. Then put the cooked dish on the serving plate.

Nutrition:

calories 184

fat 3.9

fiber 1
carbs 19.45
protein 18

Zucchini Boats With Cheddar Cheese

Prep time: 15 minutes **Cooking time:** 30 minutes

Servings: 5

Ingredients:

- 1 teaspoon ground white pepper
- 1 teaspoon butter
- 1 cup spinach
- 1 tomato
- 8 oz zucchini
- 3 tablespoon tomato sauce
- 1 teaspoon minced garlic
- 1 onion
- 9 oz Cheddar cheese

Directions:

1. Take the small zucchini and wash them carefully.
2. After this, cut the zucchini into the halves and remove the meat from them.
3. After this, combine the minced garlic, ground white pepper, and tomato sauce together.
4. Chop Cheddar cheese and spinach. Combine the ingredients together.
5. After this, dice the onion and tomato.
6. Combine all the ingredients together.
7. Preheat the oven to 365 F.
8. Fill the zucchini boats with the mixture and wrap them in the foil.
9. Bake the zucchini boats for 30 minutes.
10. When the dish is cooked – chill it well and only then discard the foil.

Nutrition:

calories 136

fat 5.6

fiber 2

carbs 13.17

protein 9

Tilapia with Parmesan

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 7

Ingredients:

- ¼ cup flour
- 1 tablespoon olive oil
- 1 teaspoon dried dill
- 2-pound tilapia fillet
- 7 oz Parmesan
- 1 tablespoon paprika
- 1 teaspoon dried oregano

Directions:

1. Cut the fish into the serving fillets.
2. Then grate Parmesan cheese.
3. Combine paprika with the flour and mix the mixture up.
4. Combine the dried dill and dried oregano together. Stir the mixture.
5. Pour the olive oil into the pan and preheat it.
6. Rub the tilapia fillets with the oregano mixture.
7. After this, dip the fish in the flour mixture.
8. Roast the tilapia for 10 minutes from the both sides on the medium heat.
9. After this, sprinkle the dish with the grated cheese and close the lid.
10. Cook the tilapia for 2 minutes more.
11. Serve the dish hot!

Nutrition:

calories 267

fat 5.8

fiber 1

carbs 15.54
protein 38

Italian Pesto Trout

Prep time: 15 minutes **Cooking time:** 10 minutes b

Servings: 8

Ingredients:

- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon olive oil
- 2-pound trout fillet
- 3 tablespoon pesto
- 8 oz bacon
- 1 teaspoon mustard

Directions:

1. Combine the minced garlic and pesto together.
2. Add dried basil and mustard.
3. After this, whisk the mixture well.
4. Slice the bacon.
5. Cut the trout into the fillets and beat them little.
6. Then rub the trout fillets with the pesto mixture and leave it for 10 minutes to marinate.
7. Wrap the fish fillets in the sliced bacon.
8. Pour the olive oil into the pan and put the fish there.
9. Roast it for 1 minute from the each side.
10. Then preheat the oven to 354 F.
11. Put the tray in the oven and cook it for 8 minutes.
12. Then let the cooked dish chill little and serve it.

Nutrition:

calories 294

fat 19.8

fiber 1

carbs 2.23

protein 27

Stew Italian Fish

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 10

Ingredients:

- 7 oz clams
- 1 teaspoon sage
- 1 teaspoon coriander
- ¼ cup parsley
- 4 garlic cloves
- 6 tablespoon heavy cream
- 1 cup chicken stock
- 12 oz salmon
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon Italian spices
- ¼ lemon
- 1 teaspoon rosemary
- 1 onion
- 1 tablespoon butter
- ¼ cup tomato paste

Directions:

1. Peel the onion and slice it.
2. Put the butter in the pan and melt it.
3. Add the sliced onion and simmer it.
4. Chop the salmon into the big pieces.
5. Sprinkle the salmon with the salt, ground black pepper, and sage.
6. Add coriander and stir it carefully.
7. Then add rosemary and mix the mixture up.
8. Combine the tomato paste and heavy cream together.

9. Add chicken stock and churn the mixture.
10. Then pour the mixture into the saucepan and preheat it.
11. Add the sliced onion mixture.
12. After this, slice the lemon and add it to the mixture.
13. Chop the parsley and peel the garlic cloves.
14. Slice the garlic cloves.
15. Add the chopped parsley and garlic cloves in the saucepan too.
16. Simmer the mixture for 6 minutes.
17. Then add the salmon and Italian spices.
18. Cook the stew for 5 minutes more.
19. Add the clams and simmer the stew for 6 minutes.
20. Then remove the cooked stew from the heat and let it rest.

Nutrition:

calories 127

fat 7.4

fiber 1

carbs 6.72

protein 9

Grilled Branzino Fillet

Prep time: 15 minutes **Cooking time:** 30 minutes

Servings: 6

Ingredients:

- 2 tablespoon lemon juice
- 2 garlic cloves
- 1 teaspoon ground black pepper
- 15 oz branzino fillet
- 6 oz bacon
- ¼ lemon
- 1 teaspoon olive oil

Directions:

1. Rub the fish fillet with the ground black pepper.
2. Then make the medium cut across the fish fillet.
3. Slice the lemon and peel the garlic cloves.
4. Slice the garlic cloves.
5. Then chop the bacon.
6. Combine the chopped bacon with the sliced garlic and lemon juice.
7. Mix the mixture up.
8. Fill the branzino fillet with the bacon mixture and sew it.
9. Sprinkle the stuffed fillet with the olive oil and place it in the form.
10. Put the form in the oven and cook it at 365 F for 30 minutes.
11. Turn the fish fillet into another side during the cooking.
12. When the branzino fillet is cooked – remove it from the oven and slice.

Nutrition:

calories 306
fat 21.9
fiber 5
carbs 9.7
protein 20

Crispy Salmon With Garlic

Prep time: 25 minutes **Cooking time:** 10 minutes

Servings: 5

Ingredients:

- 12 oz salmon
- 1 teaspoon dried dill
- 1 teaspoon rosemary
- 1 tablespoon apple cider vinegar
- 1 tablespoon oregano
- 2 teaspoon olive oil
- ½ cup flour
- 1 egg
- 6 tablespoon milk
- 4 garlic cloves
- 1 teaspoon onion powder

Directions:

1. Beat the egg in the bowl and whisk it.
2. Add the milk and stir it carefully until the mixture is homogenous.
3. Then cut the salmon into the thick strips.
4. Sprinkle the salmon strips with the dried dill and rosemary.
5. Then sprinkle the fish with the apple cider vinegar and oregano.
6. Rub the salmon with the onion powder and leave it for 10 minutes to marinate.
7. Then pour the olive oil into the pan and preheat it to the high heat.
8. After this, dip the salmon strips in the flour.
9. Then dip the salmon strips in the egg mixture.
10. Fry the salmon strips from the both sides

until they are golden brown.

11. Then dry the cooked dish with the help of the paper towel.

12. Serve the dish warm.

Nutrition:

calories 211

fat 9.4

fiber 1,

carbs 12.39

protein 18

Shrimp Scampi Special Sauce

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 10

Ingredients:

- 1 teaspoon minced garlic
- 10 oz shrimps
- 3 tablespoon lemon juice
- 1 cup white wine
- 12 oz linguini
- 5 oz butter
- 1 tablespoon olive oil
- 3 oz shallot
- 4 tablespoon fresh parsley, chopped

Directions:

1. Preheat the water until it started to boil.
2. Then add the linguini and cook the pasta for 10 minutes.
3. When the pasta is cooked – drain it.
4. Meanwhile, peel the shrimps and chop the shallot.
5. Combine the minced garlic and shallot together. Mix the mixture up.
6. Melt the butter in the pan and add shrimps.
7. Roast the shrimps till they are pink from each side.
8. Then add the chopped shallot mixture and simmer it for 3 minutes on the medium heat.
9. Remove the cooked shrimp mixture from the pan.
10. Add the white wine and lemon juice to the remaining butter.

11. Then add fresh chopped parsley and simmer it until the liquid starts to boil.
12. Then return back the shrimp mixture and cooked pasta.
13. Simmer it for 1 minute more.
14. Mix the mixture gently.

Nutrition:

calories 191

fat 14.6

fiber 1

carbs 6.21

protein 9

Salmon with White Sauce

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 7

Ingredients:

- 1 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 teaspoon oregano
- 1 white onion
- 1 cup milk
- 3 garlic cloves
- 1 tablespoon pistachio, crushed
- 1 teaspoon salt
- 3-pound salmon
- 1 oz bay leaf
- 3 tablespoon flour
- 3 tablespoon butter

Directions:

1. Rub the salmon fillet with the ground black pepper and oregano.
2. Then rub the fish salt.
3. After this, leave the salmon for some time to marinate.
4. Meanwhile, peel the onion and chop it.
5. Then preheat the milk in the saucepan and preheat it until it starts to boil.
6. Then add chopped onion and simmer it for 5 minutes.
7. After this, peel the garlic cloves and slice them.
8. Add the sliced garlic cloves and bay leaf.
9. Simmer the milk for 4 minutes on the low heat.
10. After this, remove the bay leaf from the

milk and add flour.

11. Blend the mixture with the help of the blender.
12. Continue to blend it until the mixture starts to be thick.
13. Then add butter and leave it to get the warm sauce.
14. Stir the sauce time to time to make it homogenous.
15. Then pour the olive oil into the pan and add the marinated salmon.
16. Roast it from the both sides for 2 minutes on the high heat.
17. Add the crushed pistachio to the white sauce.
18. Take the big form and put the roasted salmon there.
19. Sprinkle it with the white sauce and transfer in the oven.
20. Cook the salmon for 15 minutes at the 360 F.
21. When the salmon is cooked – sprinkle it with the remaining white sauce.

Nutrition:

calories 415

fat 22.8

fiber 2

carbs 8.7

protein 42

Pie Italian Crab

Prep time: 15 minutes **Cooking time:** 55 minutes

Servings: 8

Ingredients:

- 7 tablespoon mayonnaise
- 1 cup heavy cream
- 10 oz Cheddar cheese
- 1 teaspoon Italian spices
- 1 onion
- 1 garlic clove
- 9 oz pie crust
- 15 oz crab meat
- 5 eggs
- 1 tablespoon olive oil

Directions:

1. Roll the pie crust dough with the help of the rolling pin and place it in the round form.
2. Cut Cheddar cheese into the strips.
3. Rack the eggs in the big bowl and whisk them.
4. Add the heavy cream and continue to whisk it for 2 minutes more.
5. Then add mayonnaise and Italian spices.
6. Peel the onion and garlic clove.
7. Slice the vegetables and add them to the mayonnaise mixture.
8. Then add Cheddar strips and stir it.
9. Put the mixture into the pie crust.
10. Then chop the crab meat and add it to the pie too.
11. Flatten the mixture with the help of the spatula to make the smooth layer.

12. Add olive oil.
13. Preheat the oven to 365 F and put the pie there.
14. Cook the pie for 55 minutes.
15. When the crab pie is cooked – remove it from the oven and chill it very well.
16. Then cut the crab pie into the slices.

Nutrition:

calories 585

fat 31.9

fiber 10

carbs 43.25

protein 34

Traditional Seafood Pasta

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 9

Ingredients:

- 1 cup cherry tomatoes
- 10 cup chicken stock
- ¼ cup fresh parsley
- 1 teaspoon paprika
- 5 oz Parmesan
- 12 oz spaghetti
- 1 tablespoon olive oil
- 1 garlic clove
- 1 tablespoon chives
- 8 oz shrimps
- 7 oz calamari

Directions:

1. Peel the garlic clove and slice it roughly.
2. Pour the olive oil into the pan and add the sliced garlic clove.
3. Roast the garlic clove for 1 minute on the medium heat.
4. Meanwhile, peel the shrimps and slice the calamari.
5. Remove the roasted garlic clove from the pan.
6. Put the prepared seafood in the remaining olive oil and sprinkle it with the paprika.
7. Chop the tomatoes and put them in the seafood mixture.
8. After this, chop parsley.
9. Sprinkle the seafood mixture with the chives and chopped parsley.

10. Then add chicken stock and close the lid.
11. Simmer the dish for 1 minute.
12. Broke the spaghetti gently and put them in the seafood mixture.
13. Stir it with the help of the spatula and close the lid.
14. Cook the dish for 9 minutes more.
15. Transfer the cooked pasta to the serving bowls.
16. Sprinkle the dish with the lemon juice if desired.

Nutrition:

calories 282

fat 6.7

fiber 2

carbs 27.61

protein 27

Salmon Cakes

Prep time: 10 minutes **Cooking time:** 8 minutes

Servings: 8

Ingredients:

- 1 teaspoon semolina
- 1 tablespoon flour
- 1 teaspoon paprika
- ½ teaspoon salt
- 13 oz salmon, canned
- 4 egg
- 1 white onion
- 3 tablespoon butter
- 1 teaspoon minced garlic

Directions:

1. Drain the canned salmon and mash it with the help of the fork.
2. Beat the eggs in the mashed salmon mixture.
3. Peel the onion and grate it.
4. Combine the grated onion with the minced garlic and add the vegetable mixture to the salmon.
5. Sprinkle it with the flour, paprika, semolina, and salt.
6. Combine the ingredients very carefully and make the medium balls.
7. Flatten the balls to make the patties.
8. Melt the butter in the pan and add the salmon patties.
9. Roast them for 2 minutes from the each side on the medium heat.
10. Then cool the dish gently and serve.

Nutrition:

calories 185

fat 12.5

fiber 0

carbs 3.13

protein 14

Piccata Cod

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- ½ teaspoon ground black pepper
- 1 teaspoon paprika
- ½ teaspoon rosemary
- 2 tablespoon olive oil
- ½ teaspoon minced garlic
- 1 lemon
- 2 tablespoon capers
- 1-pound cod
- 1 teaspoon salt
- 3 tablespoon fresh parsley, chopped
- 5 tablespoon chicken stock
- 1/3 cup almond flour

Directions:

1. Squeeze the juice from the lemon.
2. Rub the cod with the salt and ground black pepper.
3. Combine the paprika with the rosemary, and almond flour. Stir the mixture.
4. Coat the cod fillet in the almond flour mixture.
5. Pour the olive oil into the pan and roast the cod for 3 minutes from the both sides.
6. When the fish is cooked – transfer it to the serving plate.
7. Then add the lemon juice to the remaining olive oil.
8. Sprinkle it with the capers, fresh parsley, minced garlic, and chicken stock.

9. Sauté the mixture until you get a thick sauce.
10. Then sprinkle the cooked cod with the sauce and serve it immediately.

Nutrition:

calories 154

fat 7.7

fiber 1

carbs 2.88

protein 18

Cioppino Mix

Prep time: 15 minutes **Cooking time:** 30 minutes

Servings: 15

Ingredients:

- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 tablespoon tomato paste
- 12 oz clams
- 11 oz mussels
- ¼ cup olive oil
- 7 oz fennel
- 5 oz onion
- 7 oz shallot
- 9 oz shrimps
- 7 cup chicken stock
- 3 oz salmon

Directions:

1. Chop the onion and fennel.
2. Pour the olive oil into the pan and add the chopped vegetables.
3. After this, sprinkle the vegetables with the salt and ground black pepper.
4. Add tomato paste and mix the mixture up.
5. Simmer the dish for 5 minutes on the medium heat.
6. Then chop the shallot and add it to the pan too.
7. Peel the shrimps and add them to the pan.
8. Then add the clams and mussels and close the lid.
9. Simmer the stew for 6 minutes.
10. Meanwhile, chop the salmon roughly and

add it to the pan.

11. Stir the stew gently to not damage the ingredients and simmer it for 7 minutes more.
12. When the Chipotle is cooked – remove it from the heat immediately and open the lid.
13. Let the dish chill for at least 10 minutes.

Nutrition:

calories 147

fat 6.2

fiber 1

carbs 12

protein 11

Italian Shrimp Fettuccini

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 6

Ingredients:

- ½ teaspoon ground black pepper
- 1 teaspoon paprika
- ¼ teaspoon nutmeg
- 1 teaspoon Italian spices
- 1-pound fettuccini
- 1 teaspoon salt
- 8 oz shrimp
- 1 teaspoon minced garlic
- 1 cup heavy cream
- 7 oz Parmesan

Directions:

1. Pour water into the saucepan and add fettuccini.
2. Cook fettuccini according to the directions of the manufacturer.
3. Meanwhile, peel the shrimps and sprinkle them with the paprika, ground black pepper, nutmeg, and Italian spices.
4. Mix the shrimps and leave them for 5 minutes.
5. Then pour the heavy cream into the pan and start to preheat it on the medium heat.
6. When the heavy cream starts to be warm – add minced garlic.
7. When the heavy cream starts to boil – add shrimps. Cook them for 5 minutes or till they get the pink color.
8. Drain the cooked fettuccini and add it to the heavy cream too.

9. Mix the mixture up gently and simmer for 3 minutes more.
10. Serve the cooked dish immediately.

Nutrition:

calories 328
fat 10.4
fiber 1
carbs 33.74
protein 25

Mussels Diavolo

Prep time: 10 minutes **Cooking time:** 30 minutes

Servings: 10

Ingredients:

- 4 tablespoon parsley
- 1 tablespoon dill
- 1 teaspoon chili flakes
- 3 tablespoon basil oil
- 1 small onion
- 1 tablespoon minced garlic
- 1/3 teaspoon oregano
- 6 tablespoon white wine
- 15 oz mussels
- 6 oz shallot
- 1/3 cup olive oil
- 1 tablespoon apple cider vinegar
- 1/3 cup white wine
- 3 tablespoon tomato paste
- 1 tablespoon brown sugar
- 4 tablespoon tomato puree
- 1 teaspoon ground black pepper

Directions:

1. Peel the onion and dice it.
2. Pour the basil oil in the pan and add diced onion.
3. Then add minced garlic and oregano.
4. Simmer the mixture for 2 minutes.
5. Then add white wine and tomato paste.
6. Sprinkle the mixture with the brown sugar and tomato puree.
7. Add the ground black pepper and simmer the sauce for 10 minutes on the medium heat with the open lid.

8. When the sauce is cooked – let it chill well.
9. Mince the shallot and combine it with the olive oil and apple cider vinegar.
10. Place the mixture in the saucepan and add parsley and dill.
11. Then add wine and chili flakes.
12. When the mixture starts to boil – add the mussels and cook them for 7 minutes.
13. After this, add the cooked and chilled sauce and simmer the seafood for 5 minutes more.

Nutrition:

calories 165

fat 12.4

fiber 1

carbs 8.23

protein 6

Sauteed Clams Oregano

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 9

Ingredients

- 1 chili pepper
- 8 oz Parmesan
- 3 tablespoon breadcrumbs
- 1 teaspoon fresh oregano
- 3-pound clams
- 1 lemon
- 1/3 teaspoon black pepper
- 4 teaspoon olive oil

Directions:

1. Squeeze the lemon juice and pour the liquid into the pan.
2. Add olive oil and preheat the liquid until it starts to boil.
3. Then add the clams and sauté them on the medium heat until the shells are opened. Remove the unopened clams.
4. Then sprinkle the clams with the black pepper and fresh oregano.
5. Mix the mixture up/
6. Chop the chili pepper and sprinkle the clams.
7. Then close the lid and sauté the seafood for 10 minutes.
8. Sprinkle the cooked dish with the breadcrumbs.

Nutrition:

calories 225

fat 4.1

fiber 1

carbs 34.5 7
protein 12

Lemon Garlic Lobster Tails

Prep time: 10 minutes **Cooking time:** 12 minutes

Servings: 4

Ingredients

- 1 teaspoon thyme
- 3 tablespoon olive oil
- 1/3 teaspoon chili flakes
- 3 tablespoon lemon juice
- 1 teaspoon paprika
- 8 oz Parmesan
- 1-pound lobster tails
- 3 tablespoon minced garlic
- 3 tablespoon basil
- 1 teaspoon parsley
- 1 teaspoon cilantro
- 1 tablespoon butter
- 4 oz ground chicken
- 1 tablespoon tomato sauce

Directions:

1. Peel the surface of the lobster tail and cut it across with the help of the scissors.
2. Combine the minced garlic, basil, parsley, cilantro, thyme, chili flakes, paprika, and ground chicken in the big bowl.
3. Add tomato sauce and lemon juice.
4. Churn the mixture.
5. After this, grate Parmesan cheese and add it to the green mixture.
6. Then remove the small amount of the lobster meat with the help of the scoop.
7. Chop the lobster meat and combine it with the green mixture.

8. Fill the lobster tails with the green mixture and sprinkle with the olive oil.
9. Preheat the oven to 365 F.
10. Put the lobster tails in the oven and cook them for 12 minutes.
11. Serve the prepared lobster tails immediately.

Nutrition:

calories 472

fat 19.2

fiber 1

carbs 26.98

protein 47

Italian Tuna Mousse

Prep time: 7 minutes **Cooking time:** 7 minutes **Servings:** 6

Ingredients

- 1-pound tuna, canned
- 1 teaspoon Italian spices
- 1 teaspoon chili flakes
- 3 tablespoon butter
- 1 teaspoon minced garlic
- 1 teaspoon chives
- ¼ teaspoon sesame seeds oil

Directions:

1. Toss the butter in the saucepan and melt it.
2. When the butter is soft – add minced garlic and chili flakes.
3. Whisk the mixture and add Italian spices and sesame seeds oil.
4. When the mixture starts to boil – add chives and simmer it for 1 minute more on the medium heat.
5. Add the canned tuna. Churn the mixture.
6. After this, take the hand blender and blend the mixture until you get the mousse texture.
7. Chill the hot tuna mousse and serve it.
8. Keep the cooked tuna mousse in the fridge.

Nutrition:

calories 120
fat 146.7
fiber 0
carbs 0.6
protein 15

Italian Calamari Salad

Prep time: 15 minutes **Cooking time:** 5 minutes

Servings: 7

Ingredients

- 1 cup green olives
- 1 teaspoon salt
- 1 garlic clove
- 1-pound calamari
- 1 tablespoon olive oil
- 1 tablespoon piri piri sauce
- 1 teaspoon chili flakes
- ½ cup fresh parsley
- ¼ cup fresh dill
- 1 red onion
- 1 cup cherry tomatoes
- 8 oz Feta cheese
- 3 tablespoon lemon juice
- 1 teaspoon lemon zest

Directions:

1. Wash the calamari carefully and slice them.
2. Sprinkle the sliced calamari with the salt and chili flakes. Mix the mixture up.
3. Toss the sliced calamari in the pan and sprinkle them with the olive oil.
4. Add the Piri piri sauce and roast the calamari for 5 minutes on the medium heat or until they are cooked.
5. Meanwhile, chop the fresh parsley and fresh dill.
6. Put the chopped greens in the big salad bowl.
7. Peel the onion and slice it.
8. Add the sliced onion to the salad bowl too.
9. Then cut the cherry tomatoes into halves and

- slice the green olives.
10. Add the ingredients in the salad bowl.
 11. Peel the garlic clove and mince it. Add the minced garlic to the salad bowl.
 12. After this, add the cooked calamari with all liquid from the pan.
 13. Sprinkle the salad with the lemon juice and lemon zest.
 14. Mix it up.
 15. Chop Feta cheese roughly and add it to the salad.
 16. Serve the dish immediately.

Nutrition:

calories 234

fat 10.8

fiber 1

carbs 8.27

protein 25

Stuffed Calamari of Italian

Prep time: 15 minutes **Cooking time:** 30 minutes

Servings: 6

Ingredients

- 1 cup tomato puree
- 1 teaspoon chili flakes
- 3 tablespoon Italian parsley
- ½ cup water
- 1 teaspoon chicken stock
- 2-pound calamari
- 1 teaspoon rosemary
- 1 teaspoon minced garlic
- 1 white onion
- 2 tablespoon olive oil
- 1 cup rice, cooked
- 5 oz Parmesan
- 1 teaspoon salt

Directions:

1. Wash the calamari and cut the tentacle.
2. Chop the tentacle finely and combine with the minced garlic and cooked rice.
3. Add salt.
4. Grate Parmesan cheese and add it to the chopped tentacle mixture.
5. Mix the mixture up and fill the calamari with it.
6. Pin the calamari with the help of the toothpicks.
7. Peel the onion and dice it.
8. Pour the olive oil into the pan and add chicken stock, rosemary, chili flakes, and Italian parsley.
9. Mix the mixture up and simmer it for 2 minutes on the medium heat.
10. After this, add tomato puree and simmer

the mass for 4 minutes more.

11. Add the stuffed calamari and cook them on the medium heat for 15 minutes totally.
12. Serve the cooked seafood hot. Sprinkle it with the remaining tomato sauce.

Nutrition:

calories 492

fat 14.1

fiber 6

carbs 34.5

protein 60

Calamari-fried

Prep time: 10 minutes **Cooking time:** 5 minutes

Servings: 7

Ingredients

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 cup flour
- 1 tablespoon Italian spices
- 1 cup olive oil
- 1 teaspoon rosemary
- 1-pound calamari

Directions:

1. Wash the calamari carefully and clean them.
2. After this, slice the seafood roughly.
3. Put the flour in the big bowl.
4. Add Italian spices and rosemary.
5. After this, sprinkle the dry mixture with the onion powder, garlic powder, and paprika.
6. Add salt and stir it carefully with the help of the fork.
7. Pour the olive oil into the deep saucepan and preheat it until the oil starts to boil.
8. Then dip the sliced calamari into the flour mixture and coat them well.
9. Toss the coated calamari slices in the boiled olive oil and fry them for 1 minute totally. You will get the golden brown color of the calamari slices.
10. Chill the cooked seafood and dry it with the help of the paper towel.

Nutrition:

calories 187

fat 2

fiber 1

carbs 18.39

protein 22

New Chicken Cacciatore

Prep time: 15 minutes **Cooking time:** 50 minutes

Servings: 5

Ingredients

- ¼ cup olive oil
- 1 white onion
- 1 sweet red pepper
- 3 tablespoon fresh parsley
- 1 cup white wine
- 2-pound chicken drumsticks
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup tomatoes, canned
- 1 teaspoon rosemary
- 2 oz bay leaf

Directions:

1. Combine the ground black pepper, salt, and rosemary together.
2. Add bay leaf and stir the spice mixture.
3. After this, rub the chicken drumsticks with the spice mixture and leave them to marinate.
4. Meanwhile, pour the olive oil into the big deep pan and boil it.
5. Peel the onion and dice it.
6. Add the diced onion to the boiling olive oil.
7. Then add canned tomatoes and fresh parsley.
8. Remove the seeds from the sweet red pepper and chop it.
9. Add the chopped pepper in the pan and mix the mass gently.
10. Then add the marinated drumsticks and

roast them for 10 minutes on the medium heat.
Add white wine.

11. Preheat the oven to 365 F.
12. After 10 minutes of roasting the drumsticks – transfer the pan in the preheated oven and cook the dish for 35 minutes more or until it is cooked.
13. Serve the cooked dish warm!

Nutrition:

calories 448

fat 28.6

fiber 4

carbs 14.34

protein 35

Italian Parmesan Chicken Sticks

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients

- 1 teaspoon salt
- 1 teaspoon ground white pepper
- ½ cup breadcrumbs
- 2-pound chicken fillet
- 8 oz Parmesan
- 1 tablespoon Italian spices
- 2 tablespoon olive oil
- 2 eggs

Directions:

1. Cut the chicken fillet into the sticks.
2. Combine the salt, ground white pepper, bread crumbs and Italian spices in the big bowl.
3. Stir the mixture with the help of the fork.
4. Then crack the eggs into the separate bowl and whisk them.
5. Preheat the oven to 365 F.
6. Coat the chicken fillet sticks with the egg mixture.
7. After this, dip the chicken sticks in the breadcrumb mixture.
8. Transfer the chicken sticks in the tray and put the tray in the oven.
9. Cook the dish for 5 minutes.
10. Then turn the chicken sticks to another side and cook them for 3 minutes more.
11. After this, grate Parmesan cheese and sprinkle the chicken sticks from the each side.
12. Cook the dish for 7 minutes more.

13. Let the cooked chicken drumsticks chill little.
14. Serve the dish and enjoy!

Nutrition:

calories 478

fat 23.5

fiber 3

carbs 39.8

protein 27

Sauce Chicken Balls With Tomato

Prep time: 15 minutes **Cooking time:** 30 minutes

Servings: 6

Ingredients

- 2-pound ground chicken
- 1 tablespoon potato starch
- 1 teaspoon ground black pepper
- 1 teaspoon lemon zest
- 1 egg
- ½ cup flour
- 1 teaspoon butter
- ½ cup tomato puree
- ¼ cup tomato sauce
- 1 tablespoon minced garlic
- 1 onion
- 1 cup Italian parsley
- 1 tablespoon Italian spices
- 1 tablespoon olive oil
- 3 tablespoon heavy cream

Directions:

1. Combine the ground chicken with the potato starch and ground black pepper.
2. Add lemon zest and beat the egg into the mixture.
3. After this, add butter and Italian spices.
4. Mix the ground chicken mixture carefully with the help of the spoon or fingertips.
5. Leave it in the fridge for 10 minutes.
6. Meanwhile, combine the tomato sauce and tomato puree in the big saucepan.
7. Start to preheat the mixture on the medium heat for 5 minutes.

8. Then add minced garlic.
9. Peel the onion and dice it.
10. Add the diced onion to the tomato mixture too.
11. Chop the parsley.
12. Pour the olive oil into the separate pan and preheat it.
13. Make the big balls from the ground chicken mixture and coat them with the flour.
14. Roast the chicken balls on the medium heat for 1 minute from the each side.
15. After this, transfer the roasted chicken balls in the tomato mixture and add heavy cream.
16. Close the lid and simmer the dish on the medium heat for 15 minutes.
17. Then let the dish with the closed lid for 10 minutes more.

Nutrition:

calories 441

fat 20

fiber 4

carbs 27

protein 32

Italian Sugar Chicken Breast

Prep time: 10 minutes **Cooking time:** 35 minutes

Servings: 8

Ingredients

- 3 tablespoon butter
- 1 teaspoon chili flakes
- 1 teaspoon salt
- 1 teaspoon ground black pepper

- ¼ cup brown sugar
- 4-pound chicken breast
- 1 teaspoon minced garlic

Directions:

1. Rub the chicken breasts with the chili flakes, salt, and ground black pepper.
2. Leave the chicken to rest.
3. Meanwhile, melt the butter in the pan.
4. Add minced garlic and roast the mixture for 2 minutes on the medium heat.
5. Then add the marinated chicken breasts.
6. Cook the chicken breasts for 25 minutes on the medium heat with the closed lid.
7. When the chicken breasts are totally cooked – sprinkle every chicken breast with the brown sugar and roast on the high heat for 3 minutes from the both sides. You will get little bit glazed chicken breasts.
8. Then chill the cooked dish little and serve.

Nutrition:

calories 458

fat 25.4

fiber 0

carbs 7.56
protein 48

Italian Pesto Chicken

Prep time: 15 minutes **Cooking time:** 35 minutes

Servings: 6

Ingredients

- 1 teaspoon oregano
- 1 teaspoon dried basil
- 7 oz Mozzarella cheese
- 2-pound chicken fillet
- 1 cup Italian pesto
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ cup tomatoes

Directions:

1. Combine the salt, ground black pepper, oregano, dried basil, and pesto in the big mixing bowl.
2. Mix the mixture well.
3. Then chop the chicken fillet into the 6 pieces and transfer them to the pesto mixture.
4. Coat the chicken very well and leave for 10 minutes to let the meat soaks the pesto.
5. Meanwhile, preheat the oven to 365 F.
6. Cover the tray with the foil and transfer the marinated chicken with remaining pesto there.
7. Transfer the tray to the oven and cook it for 25 minutes.
8. Meanwhile, wash the tomatoes and slice them.
9. Slice Mozzarella cheese.
10. When the time is over – remove the tray with the chicken from the oven and cover it with the sliced tomatoes and Mozzarella.
11. Return the chicken back in the oven and cook it for 7 minutes more.

12. Serve the cooked dish immediately.

Nutrition:

calories 457

fat 21.6

fiber 4

carbs 37.95

protein 28

Turkey Casserole

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 8

Ingredients

- 9 oz Mozzarella
- 1 teaspoon salt
- 1 teaspoon chili flakes
- 1 cup tomato juice
- 1 teaspoon oregano
- 4 sweet potatoes
- 1-pound turkey fillet
- 4 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 cup tomatoes
- 1 cup Italian parsley
- 2 tablespoon heavy cream
- 1 tablespoon butter

Directions:

1. Chop the turkey fillet finely and sprinkle it with the salt, chili flakes, and oregano.
2. Mix the mixture up.
3. After this, melt the butter in the skillet and add the turkey.
4. Roast the turkey for 6 minutes. Stir it frequently.
5. Slice the tomatoes and Mozzarella.
6. Chop Italian parsley.
7. Peel the sweet potatoes and make the spirals from them with the help of the spiralizer.
8. Then take big square form and spray it with the olive oil inside.
9. Put the roasted turkey in the bottom of the form.
10. After this, make the layer of the sliced

tomatoes.

11. Combine the heavy cream with the minced garlic and tomato juice.
12. Whisk the mixture.
13. Then put the spiralized sweet potato in the form and flatten it.
14. Pour the tomato juice mixture and sprinkle the dish with the chopped parsley.
15. Preheat the oven to 365 F and put the form in the casserole there.
16. Cook it for 20 minutes.
17. After this, put sliced Mozzarella over the cooked casserole and cook the dish for 10 minutes more.
18. After this, remove the casserole from the oven and let it cool briefly.

Nutrition:

calories 433

fat 30.6

fiber 4

carbs 17.15

protein 23

Chicken Marsala

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 5

Ingredients

- 1-pound chicken breast, boneless, skinless
- 7 tablespoon Marsala wine
- 3 oz butter
- 8 tablespoon chicken stock
- 2 tablespoon flour
- 3 tablespoon olive oil
- 2 cup mushroom
- 1 teaspoon salt
- ½ teaspoon chili flakes

Directions:

1. Cut the chicken breast into the big strips.
2. Sprinkle the chicken strips with the salt and chili flakes. Mix the mixture up.
3. Pour the olive oil into the pan and cook it until it starts shimmering.
4. Coat the chicken strips with the flour and put them in the hot olive oil.
5. Roast the chicken strips until they are cooked.
6. Meanwhile, slice the mushrooms.
7. Remove the chicken strips from the pan.
8. Put the sliced mushrooms in the remaining olive oil.
9. Add butter and chicken stock. Simmer the mixture for 3 minutes.
10. After this, add Marsala wine and simmer it for 2 minutes more.
11. Then return the chicken strips back into the pan and close the lid.

12. Cook the chicken Marsala for 6 minutes more.
13. Serve the cooked dish immediately.

Nutrition:

calories 380

fat 30.8

fiber 1

carbs 4.85

protein 21

Italian Chicken Carbonara

Prep time: 10 minutes **Cooking time:** 30 minutes

Servings: 7

Ingredients

- 2 garlic cloves
- 1 teaspoon paprika
- 5 eggs
- 5 tablespoon parsley
- 1-pound fettuccini
- 1 teaspoon salt
- 5 oz bacon
- 9 oz chicken fillet
- 7 oz Parmesan

Directions:

1. Combine fettuccine with water and boil it according to the manufacturer direction. You should get al dente Fettuccini.
2. When Fettuccini is cooked – drain it and leave a $\frac{1}{2}$ cup of the liquid that remained after cooking.
3. Chop the bacon roughly.
4. Peel the garlic cloves and slice them.
5. Chop the chicken fillet.
6. Chop the parsley.
7. Toss the chopped bacon in the pan and roast it on the medium heat until it is crunchy.
8. After this, remove the bacon from the pan and put the garlic cloves in the remaining fat.
9. Add chicken and $\frac{1}{2}$ cup of Fettuccini liquid.
10. Sprinkle the mixture with the salt, and paprika.
11. Grate parmesan cheese.
12. Crack the eggs into the bowl and whisk

them.

13. When the chicken is cooked – add the cooked bacon in the pan.
14. After this, add cooked Fettuccini and whisked eggs.
15. Then sprinkle the dish with the grated cheese.
16. Stir it gently and cook until the cheese is melted.

Nutrition:

calories 444

fat 20.7

fiber 3

carbs 37.63

protein 28

Italian Cutlets With Turkey

Prep time: 10 minutes **Cooking time:** 10 minutes

Servings: 7

Ingredients

- 1 teaspoon chili flakes
- 2-pound ground turkey
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon fresh ginger
- ¼ cup spinach
- ¼ cup Italian parsley
- 1 tablespoon oregano
- 2 tablespoon minced garlic
- ½ teaspoon butter
- 3 tablespoon olive oil
- 1 cup breadcrumbs

Directions:

1. Wash the spinach and Italian parsley carefully and chop them roughly.
2. After this, put the greens in the blender.
3. Add oregano, minced garlic, chili flakes, salt, ground black pepper, fresh ginger, and butter.
4. Pulse the mixture for 3 minutes.
5. Then place the mixture in the big bowl.
6. Add ground turkey and mix it up.
7. Make the cutlets from the meat mixture and coat every cutlet in the bread crumbs.
8. Pour the olive oil into the pan and make it shimmering.
9. Then put the cutlets into the prepared pan and cook them for 2 minutes from the each side on the medium heat.

10. When all the cutlets are cooked – dry them with the help of the paper towel.
11. Serve the cooked dish with the garlic sauce.

Nutrition:

calories 267

fat 16.3

fiber 1

carbs 4.3

protein 26

Caramelized Chicken

Prep time: 10 minutes **Cooking time:** 35 minutes

Servings: 8

Ingredients

- 3 tablespoon water
- 2-pound chicken breast, skinless, boneless
- 3 garlic cloves
- 1 teaspoon olive oil
- 1 tablespoon liquid honey
- 1 teaspoon cayenne pepper
- 1 teaspoon chili flakes
- ½ cup sugar
- 1 teaspoon cilantro
- 1 tablespoon garlic sauce
- 1 tablespoon basil

Directions:

1. Rub the chicken breast with the cayenne pepper, chili pepper, cilantro, garlic sauce, and basil.
2. Wrap the chicken breast in the foil.
3. Preheat the oven to 365 F and put the wrapped chicken breast there.
4. Cook the chicken for 25 minutes.
5. Then pour the water into the deep saucepan.
6. Add sugar and liquid honey.
7. Simmer the mixture on the medium heat until you get thick caramel.
8. Then remove the chicken from the oven and discard the foil.
9. Transfer the chicken breast in the caramel and coat it well.
10. Close the lid and roast the chicken on the high heat for 2 minutes.

11. Then open the lid and turn it to the second side. Roast the chicken breast for 2 minutes more.
12. Remove the chicken breast from the heat and let it rest for 10 minutes.
13. Then slice the chicken breast and sprinkle it with the remaining caramel.

Nutrition:

calories 238,
fat 11.3
fiber 0
carbs 9.2
protein 24

BBQ Chicken

Prep time: 20 minutes **Cooking time:** 14 minutes

Servings: 6

Ingredients

- 15 oz chicken breast
- 9 tablespoon BBQ sauce
- 1 tablespoon minced garlic
- 2 cups Italian dressing

Directions:

1. Combine Italian dressing with the BBQ sauce and minced garlic.
2. Mix the mixture up.
3. Then put the chicken breasts in the BBQ mixture and coat them well.
4. Leave the meat for 15 minutes to marinate.
5. Meanwhile, preheat the grill to 365 F.
6. When the chicken breasts are marinated – transfer them to the preheated grill.
7. Grill the chicken breast for 7 minutes on the each side.
8. Serve the cooked meal immediately.

Nutrition:

calories 320

fat 23.2

fiber 1

carbs 11.78

protein 16

Honey Italian Chicken Strips

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients

- 1 teaspoon paprika
- 1 teaspoon chili flakes
- 3 tablespoon olive oil
- 1 teaspoon onion powder
- ½ cup flour
- 2 tablespoon liquid honey
- 1 teaspoon thyme
- ½ teaspoon basil
- 1 teaspoon oregano
- 14 oz chicken fillet
- 1 cup ricotta

Directions:

1. Put the thyme, basil, oregano, paprika, chili flakes, and onion powder in the big bowl.
2. Add the flour and stir the mixture.
3. After this, cut the chicken fillet into the strips.
4. Coat the chicken strips with the flour-herb mixture.
5. Pour the olive oil into the pan and preheat it.
6. Toss the chicken strips in the preheated oil and roast the chicken strips for 10 minutes on the medium heat.
7. After this, add ricotta cheese and simmer the chicken for 3 minutes more.
8. Pour the liquid honey in the separated pan and melt it.
9. Then add the chicken strips in the honey and stir the dish.

10. Remove the chicken strips from the heat and leave them for 7 minutes.
11. After this, serve the dish.

Nutrition:

calories 278

fat 16.3

fiber 2

carbs 23.35

protein 10

Italian Chicken Spiedini

Prep time: 10 minutes **Cooking time:** 12 minutes

Servings: 4

Ingredients

- 1 teaspoon fresh dill
- 1 tablespoon lemon zest
- 1 teaspoon minced garlic
- 3 tablespoon basil oil
- 1-pound chicken fillet
- 6 oz Italian bread crumbs
- 4 oz Parmesan cheese
- 1 tablespoon butter

Directions:

1. Slice the chicken fillet into the thin pieces.
2. Grate Parmesan cheese.
3. Combine the fresh dill, breadcrumbs, lemon zest, and minced garlic together.
4. Stir the mixture carefully until it starts to be homogenous.
5. After this, coat the chicken pieces with the bread crumbs mixture carefully.
6. Roll the chicken pieces and secure them with the wooden sticks.
7. Thread on the chicken rolls on the metal skewers and remove the wooden sticks.
8. After this, sprinkle the chicken with the basil oil and butter.
9. Preheat the grill to 365 F and put the chicken spiedini there.
10. Cook it for 4 minutes from the each side.
11. After this, sprinkle the chicken with the grated cheese and cook it until Parmesan starts

to melt.

12. Serve the cook chicken spiedini immediately.

Nutrition:

calories 652

fat 38.6

fiber 4

carbs 51.85

protein 25

Mozzarella Chicken Tights

Prep time: 20 minutes **Cooking time:** 25 minutes

Servings: 6

Ingredients

- 1 teaspoon cilantro
- 2-pound chicken tights
- 1 teaspoon rosemary
- 1 tablespoon butter
- 1 teaspoon olive oil
- 3 tablespoon tomato sauce
- 1 tablespoon minced garlic
- ½ cup cream
- 1 teaspoon paprika
- 8 oz Mozzarella
- 1 teaspoon lemon juice

Directions:

1. Combine the tomato sauce and minced garlic together and whisk the mixture.
2. After this, rub the chicken tights with the tomato sauce mixture.
3. Combine paprika and cilantro.
4. After this, add rosemary and lemon juice. Stir the mixture until it is homogenous.
5. Then add olive oil.
6. Sprinkle the chicken tights with the spice mixture and leave it for 10 minutes more to rest.
7. Then slice Mozzarella.
8. Pour the cream into the baking form and add the chicken tights.
9. Then add butter and make the layer from sliced Mozzarella.
10. Bake the chicken for 25 minutes at 360 F.

11. When the time is over and chicken is cooked – serve it immediately.

Nutrition:

calories 296

fat 10.7

fiber 1

carbs 4.51

protein 44

Traditional Italian Chicken

Prep time: 15 minutes **Cooking time:** 45 hours **Servings:**
9

Ingredients

- 1 teaspoon chili flakes
- 1 teaspoon onion powder
- ¼ cup flour
- 3 tablespoon olive oil
- 1 teaspoon cilantro
- 1 teaspoon thyme
- 3 tomatoes
- 1 cup tomato paste
- 3-pound chicken
- 1 tablespoon oregano
- 1 tablespoon basil
- 1 tablespoon paprika
- 1 cup chicken stock
- 8 oz Mozzarella

Directions:

1. Put the oregano, basil, paprika, chili flakes, onion powder, and flour in the big plastic bag.
2. Shake the mixture.
3. After this, chop the chicken roughly and add to the spice mixture bag.
4. Close the bag and shake it well.
5. Pour the olive oil into the pan and make it hot.
6. Then toss the chicken mixture in the hot oil and roast it for 3 minutes on the high heat.
7. Stir the chicken time to time.
8. Meanwhile, slice Mozzarella and tomatoes.
9. Pour the chicken stock into the form and make the layer of the sliced tomatoes.

10. After this, sprinkle the sliced tomatoes with the thyme and cilantro.
11. Transfer the roasted chicken in the form too.
12. Sprinkle the chicken with the remaining liquid from the pan.
13. Then make the layer of the sliced cheese over the chicken.
14. Preheat the oven to 365 F.
15. Cover the surface of the form with the foil and transfer the form in the oven.
16. Bake the chicken for 40 minutes.
17. Then serve the cooked meal immediately.

Nutrition:

calories 301

fat 9.3

fiber 3

carbs 12.42

protein 42

Chicken Cutlets

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 9

Ingredients

- 1 teaspoon ground black pepper
- 1 teaspoon turmeric
- 1 teaspoon paprika
- ½ teaspoon chili flakes
- 1 onion
- 15 oz ground chicken
- 1 tablespoon dried dill
- 1 cup Panko breadcrumbs
- ½ cup ricotta
- 1/3 cup Italian parsley
- 14 tablespoon butter
- 1 teaspoon minced garlic
- 1 teaspoon rosemary
- 1 teaspoon sage
- 1 egg

Directions:

1. Combine the ground chicken with the breadcrumbs and ricotta.
2. Beat the egg in the mixture and sprinkle with the ground black pepper, turmeric, paprika, chili flakes, and dried dill.
3. Peel the onion and grate it.
4. Combine the grated onion with the minced garlic and add the mixture to the cutlet mass.
5. Add sage and knead the ground chicken dough.
6. Toss the butter in the pan and preheat it.
7. Add the rosemary and roast it for 1 minute.
8. After this, discard the rosemary.

9. Make the round cutlets from the chicken mixture and put them in the pan.
10. Roast the cutlets for 5 minutes on the each side.
11. When all the cutlets are cooked – serve them.

Nutrition:

calories 288

fat 25

fiber 1

carbs 5.25

protein 12

Chicken Skillet Ricotta

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 14

Ingredients

- 1 onion
- 3 oz garlic
- 1 tablespoon onion powder
- 1 teaspoon salt
- 3 tablespoon olive oil
- ½ cup ricotta
- 10 oz chicken thighs
- 10 oz chicken wings
- 10 oz chicken drumsticks
- 1 teaspoon chili flakes
- 1 teaspoon ground black pepper

Directions:

1. Peel the onion and garlic cloves.
2. Slice the vegetables.
3. Combine the onion powder, salt, ground black pepper, and chili flakes in the shallow bowl.
4. Stir the spices with the help of the fork.
5. After this, put all the chicken in the big bowl and sprinkle it with the spice mixture.
6. Mix the chicken carefully with the help of the fingertips.
7. After this, add the sliced onion and garlic and mix the chicken carefully again.
8. Then sprinkle the meat with the ricotta and olive oil.
9. Toss the chicken mixture in the skillet.
10. Cook the dish for 40 minutes. Stir the chicken frequently.

11. Serve the prepared chicken in the skillet.

Nutrition:

calories 144

fat 8.3

fiber 1

carbs 3.83

protein 13

Italian-Style Kabobs Chicken

Prep time: 25 minutes **Cooking time:** 7 minutes

Servings: 5

Ingredients

- ½ cup Italian parsley
- 1 tablespoon olive oil
- 1 teaspoon ground black pepper
- 2-pound chicken breast, boneless
- 1 tablespoon tomato paste
- 3 tablespoon tomato puree
- 3 teaspoon minced garlic
- 1 teaspoon paprika

Directions:

1. Firstly, make the marinade: chop Italian parsley and combine it with the paprika, minced garlic, olive oil, ground black pepper, tomato puree, and tomato paste in the big bowl.
2. Churn the mixture until you get the homogenous sauce.
3. Then chop the chicken breast into the medium cubes.
4. Put the chicken cubes in the sauce and coat the meat well.
5. Leave the chicken for 20 minutes to marinate.
6. After this, preheat the grill to 365 F.
7. Skewer the chicken cubes in the skewers and put them on the grill.
8. Grill the chicken kabobs for 7 minutes totally.
9. Enjoy the chicken kabobs with the grilled baguette.

Nutrition:

calories 352
fat 19.7
fiber 1
carbs 3.48
protein 39

Italian Chicken Drumsticks

Prep time: 20 minutes **Cooking time:** 35 minutes

Servings: 4

Ingredients

- 1 cup ricotta
- ¼ cup olive oil
- 1 teaspoon salt
- 1-pound chicken drumsticks

Directions:

1. Whisk the ricotta with the olive oil and salt.
2. When you get smooth and fluffy mass – the sauce it cooked.
3. Preheat the oven to 365 F.
4. Put the drumsticks in the ricotta sauce and mix the mixture well.
5. Then transfer the chicken mixture in the form and put the form in the preheated oven.
6. Cook the dish for 35 minutes. Stir it once during the cooking.
7. When the time is over – let the chicken for 10 minutes more in the oven.
8. After this, transfer the chicken to the serving plates.

Nutrition:

calories 410
fat 32
fiber 0
carbs 2.01
protein 27

Italian Chicken Neapolitan

Prep time: 20 minutes **Cooking time:** 60 minutes

Servings: 7

Ingredients

- 2 oz leek
- 1 teaspoon dried parsley
- 4 tablespoon water
- 2 tablespoon cornstarch
- 1 cup chicken stock
- 1 teaspoon salt
- 1-pound chicken
- 10 oz artichokes, cooked
- 8 oz dried tomatoes
- 2 garlic clove
- 3 tablespoon olive oil
- 1 teaspoon ground black pepper

Directions:

1. Pour the olive oil into the big pan and preheat it.
2. The put the chicken in the hot olive oil and roast it carefully from all sides.
3. After this, remove the chicken from the pan.
4. Peel the garlic clove and slice it.
5. Chop the leek.
6. Add the prepared ingredients in the pan and cook them for 2 minutes more on the medium heat.
7. After this, sprinkle the chicken with the cooked vegetables and transfer it back to the pan.
8. Sprinkle the whole chicken with the dried parsley, salt, and ground black pepper.
9. Chop the tomatoes and artichokes, and add them to the chicken.

10. Sprinkle the chicken with the chicken stock and close the lid.
11. Cook the dish on the medium heat for 45 minutes.
12. Then combine the water and cornstarch together. Whisk it until homogenous.
13. Cover the chicken with the cornstarch mixture and cook for 15 minutes more.
14. Let the cooked dish chill well.

Nutrition:

calories 179

fat 8.3

fiber 3

carbs 10.75

protein 16

Meat Porchetta

Prep time: 15 minutes **Cooking time:** 130 minutes

Servings: 8

Ingredients

- 1 tablespoon chili flakes
- 1 tablespoon minced garlic
- 1 teaspoon rosemary
- 15 oz pork belly
- 10 oz pork loin
- 1 tablespoon fennel seeds
- 1 teaspoon salt

Directions:

1. Rub the pork loin with the minced garlic, rosemary, and salt.
2. After this, put the pork loin on the pork belly. Roll the meat.
3. Put the fennel seeds and chili flakes in the pan and roast them for 2 minutes on the high heat.
4. Then sprinkle the rolled pork belly with the roasted spices and coat it with the foil.
5. Preheat the oven to 400 F and put Porchetta in the oven and cook it for 2 hours.
6. Then discard the foil and cook Porchetta for 10 minutes more.
7. Then chill the cooked dish very well.
8. Slice it into the serving pieces.

Nutrition:

calories 355
fat 31.8
fiber 1
carbs 1.25

protein 15

Italian Sliders

Prep time: 20 minutes **Cooking time:** 15 minutes

Servings: 8

Ingredients

- 12 oz ham
- 10 oz pepperoni
- 9 oz salami
- 2 red pepper
- 1 tablespoon olive oil
- 10 oz Hawaii Sweet rolls
- 7 oz butter
- 2 tablespoon fresh parsley
- 7 oz Parmesan cheese
- 5 tablespoon garlic sauce

Directions:

1. Discard the seeds from the red peppers and chop them.
2. Pour the olive oil into the pan and add chopped red peppers.
3. Roast the red peppers for 3 minutes on the medium heat. Stir the vegetables frequently.
4. Slice the ham and pepperoni.
5. After this, slice the salami.
6. Chop the fresh parsley and grate Parmesan cheese.
7. Slice Hawaii Sweet rolls into 2 parts.
8. Preheat the oven to 360 F.
9. Then rub the 2 parts of Hawaii Sweet rolls with the butter. Leave 1 teaspoon of the butter for spreading the form.
10. Sprinkle the rolls with the small amount grated cheese.

11. After this, spread the form with the butter.
12. After this, put the bottom part of the rolls in the form.
13. Then make the layer of the sliced ham.
14. Sprinkle the rolls with the grated cheese.
15. After this, make the layer of the pepperoni and sprinkle the dish with the roasted red pepper.
16. Then put the fresh parsley and salami.
17. Sprinkle the dish with the garlic sauce.
18. Sprinkle the rolls with the remaining grated cheese and cover with the second part of the rolls.
19. Put the slider in the preheated oven and cook the dish for 15 minutes.
20. Then remove the cooked dish from the oven and chill for 3 minutes.

Nutrition:

calories 791

fat 61.8

fiber 1

carbs 26.52

protein 32

Easy Minestrone Soup

Prep time: 15 minutes **Cooking time:** 50 hour **Servings:** 18

Ingredients

- 1 teaspoon dried basil
- 1 teaspoon cilantro
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup tomatoes
- 3 teaspoon olive oil
- 1 cup onion
- 1 teaspoon minced garlic
- 4 oz celery
- 5 oz carrot
- ¼ cup green peas
- 14 oz ground beef
- 1 cup beef broth
- 15 cup water
- 1 teaspoon chili flakes

Directions:

1. Chop the onion.
2. Wash the tomatoes and chop them.
3. After this, transfer the chopped tomatoes in the blender and pulse them.
4. Peel the carrot cut it into the strips.
5. Spray the pan with the olive oil inside and put the carrot strips there.
6. Roast the carrot strips for 1 minute on the medium heat.
7. After this, add chopped onion and roast the vegetables for 1 minute more. Stir it frequently.

8. Pour the beef broth and water in the saucepan.
9. Add ground chicken and cook it until the mixture starts to boil.
10. Then chop the celery and add to the boiling liquid.
11. Sprinkle the liquid with the minced garlic, dried basil, cilantro, paprika, salt, ground black pepper, and chili flakes.
12. Add the blended tomatoes and stir it gently with the help of the spoon.
13. After this, add roasted vegetables and green peas.
14. Close the lid and simmer the minestrone for 35 minutes.
15. When the dish is cooked – ladle it into the serving bowls.

Nutrition:

calories 92

fat 7.5

fiber 1

carbs 2.49

protein 4

Braciolo beef

Prep time: 20 minutes **Cooking time:** 1.5 hour **Servings:** 8

Ingredients

- 1 teaspoon ground black pepper
- 1 tablespoon fresh parsley
- 1 teaspoon paprika
- 1-pound beef steak
- 4 tablespoon tomato sauce
- ½ cup red wine
- 2 tablespoon olive oil
- 1 white onion
- 1/3 cup Italian breadcrumbs
- 2 oz garlic clove, minced
- 6 oz Romano cheese, grated
- 1 tablespoon minced garlic
- ½ cup carrot, chopped
- 1 oz bay leaf
- 1 teaspoon ground black pepper
- 3 tablespoon butter

Directions:

1. Take the big bowl and put Italian bread crumbs, minced garlic, grated Romano cheese, ground black pepper, fresh parsley, and paprika there.
2. Mix the mixture up.
3. After this, take the beef steak and beat it.
4. Sprinkle the beef steak with the breadcrumbs mixture carefully.
5. Roll the beef steak. Secure the beef steak roll with the toothpicks.
6. Sprinkle the beef roll with the olive oil.
7. Preheat the oven to 365 F and put the rolled beef

- steak there.
8. Cook the dish for 35 minutes.
 9. Meanwhile, make the sauce for the dish:
Combine the tomato sauce and red wine together.
 10. Add olive oil.
 11. Peel the onion and chop it.
 12. Add the chopped onion to the tomato sauce mixture.
 13. After this, add minced garlic and chopped carrot.
 14. Sprinkle the mixture with the ground black pepper.
 15. Toss the butter and 2 tablespoons of olive oil in the big saucepan.
 16. Melt the mixture and add the tomato sauce mass.
 17. Add the bay leaf and simmer the sauce for 15 minutes on the medium heat.
 18. When the rolled meat is cooked – place it in the sauce mixture and sauté it for 35 minutes more.
 19. Then transfer the cooked bracelet in the plate and slice it.
 20. Sprinkle the dish with the remaining sauce.

Nutrition:

calories 284

fat 17.4

fiber 2

carbs 11.77

protein 20

Italian Ham Rolls

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 9

Ingredients

- 3 tablespoon marinara sauce
- 1 teaspoon olive oil
- 6 oz Provolone
- 3 tomatoes
- 1-pound ham
- ½ cup Italian parsley
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 tablespoon chives
- 10 oz puff pastry

Directions:

1. Roll the puff pastry and sprinkle it with the marinara sauce.
2. After this, slice the tomatoes and put them on the half of the rolled dough.
3. Slice Provolone and ham.
4. Put the sliced ingredients on the tomatoes.
5. After this, combine the paprika, salt, parsley, and chives together in the mixing bowl. Stir the mixture.
6. Then sprinkle the puff pastry with the spices and roll it up.
7. Preheat the oven to 365 F.
8. Brush the ham roll with the olive oil and put it in the form.
9. Transfer the form in the oven and cook the dish for 25 minutes.
10. When the surface of the ham roll has

golden brown color – the roll is cooked.

11. Let the cooked dish chill well.

12. Then slice it and serve.

Nutrition:

calories 308

fat 19.5

fiber 1

carbs 17.49

protein 16

Stromboli ground beef

Prep time: 20 minutes **Cooking time:** 30 minutes

Servings: 8

Ingredients

- 1 green sweet pepper
- 4 oz red onion
- 3 tablespoon tomato sauce
- 1 cup mushrooms, canned
- 4 tablespoon butter
- 6 oz pepperoni
- 12 oz pizza dough
- 8 oz ground beef
- 7 oz ham
- 8 oz Mozzarella

Directions:

1. Roll the pizza dough and spread it with the tomato sauce carefully.
2. Chop the red onion finely.
3. Slice the ham.
4. Make the layer of the ham on the pizza dough.
5. Preheat the oven to 365 F.
6. After this, preheat the pan and toss the butter there. Melt the butter.
7. Then add the ground beef and chopped onion in the melted butter.
8. Chop the green sweet pepper and add it to the mixture too.
9. Slice the canned mushrooms and add them to the ground beef mixture.
10. Simmer the components for 10 minutes on the medium heat. Stir them frequently.
11. Slice Mozzarella and pepperoni.

12. Make the flat layers of the sliced ingredients on the dough.
13. Then transfer the cooked ground beef mixture to the dough too.
14. Roll the mixture very carefully and secure it with the dough to make the roll.
15. After this, cover the tray with the parchment and transfer the roll there very carefully.
16. Wrap Stromboli in the parchment and transfer in the oven.
17. Cook it for 25 minutes.
18. Then discard the parchment from the roll and cook it for 5 minutes more.
19. Chill the cooked dish gently.

Nutrition:

calories 477
fat 28.4
fiber 2
carbs 27.91
protein 27

Italian Bolognese beef

Prep time: 15 minutes **Cooking time:** 35 minutes

Servings: 6

Ingredients

- 1 teaspoon ground black pepper
- 1 yellow onion
- 2 tablespoon tomato paste
- 3 garlic cloves
- 2 tablespoon olive oil
- 2 tablespoon fresh basil
- 3 oz Parmesan
- 1 cup beef broth
- 1-pound ground beef
- 1 teaspoon salt
- 1 tablespoon oregano
- 7 oz mushrooms
- 12 oz spaghetti

Directions:

1. Cook the spaghetti according to the directions of the manufacturer.
2. Make Bolognese sauce: pour the olive oil into the pan and preheat it.
3. Peel the onion and dice it.
4. Add the diced onion in the hot oil and start to simmer it for 2 minutes on the medium heat.
5. Then peel the garlic cloves and grate them.
6. Add the grated garlic cloves in the pan too.
7. After this, sprinkle the mixture with salt and ground black pepper.
8. Add tomato paste and oregano.
9. Slice the mushrooms and add them to the pan.
10. Pour the beef broth and stir the mixture

gently.

11. Close the lid and simmer it for 35 minutes on the medium heat. Stir the sauce frequently.
12. When the sauce is cooked – add the cooked spaghetti and stir it.
13. Grate Parmesan cheese and tear the fresh basil.
14. Place the dish on the serving plates and sprinkle it with the grated cheese and fresh basil.

Nutrition:

calories 472

fat 18.2

fiber 7

carbs 49.62

protein 32

Italian Meatballs with pork

Prep time: 10 minutes **Cooking time:** 20 minutes

Servings: 5

Ingredients

- 2 tablespoon olive oil
- 1-pound ground pork
- 5 oz ground chicken
- 1 teaspoon butter
- ½ cup Italian parsley
- ½ cup cream
- 1 tablespoon marinara sauce
- 3 garlic cloves
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 egg
- ½ cup tomato juice
- 1 tablespoon oregano
- 1 teaspoon chili flakes
- ½ cup flour

Directions:

1. Crack the egg into the bowl and whisk it.
2. Add salt, and stir it gently again.
3. After this, put the ground pork in the separated bowl.
4. Add ground chicken, onion powder, and oregano.
5. Peel the garlic cloves and grate them in the forcemeat.
6. Chop Italian parsley.
7. Add the chopped greens and butter in the forcemeat mixture and stir it very carefully with the help of the fingertips.
8. Then add the whisked egg and stir it with the

- help of the spoon.
9. Then take the scoop and make the balls.
 10. Coat the meatballs in the flour.
 11. Pour the olive oil into the pan and preheat it.
 12. Roast the meatballs in the preheated pan for 5 minutes totally.
 13. Meanwhile, combine the cream and tomato juice in the saucepan.
 14. Add chili flakes and remaining flour.
 15. Whisk the mixture and simmer it until it starts to be thick.
 16. Then add the roasted meatballs and close the lid.
 17. Simmer the dish for 10 minutes on the low heat.
 18. Serve the meatballs with the sauce.

Nutrition:

calories 496

fat 34.2

fiber 1

carbs 13.35

protein 33

Parmesan Pork Chops with parmesan

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 6

Ingredients

- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili flakes
- 2-pound pork loin
- 1 cup breadcrumbs
- 2 tablespoon Italian spices
- 3 tablespoon olive oil
- 5 oz Parmesan

Directions:

1. Slice the pork loin into the serving chops.
2. Then rub the pork chops with the salt and ground black pepper.
3. Add chili flakes.
4. Then combine the bread crumbs with Italian spices and stir the mixture with the help of the fork.
5. After this grate Parmesan cheese.
6. Pour the olive oil into the pan.
7. Add the grated cheese to the breadcrumbs mixture and stir it.
8. Coat the pork chops in the breadcrumbs mixture carefully.
9. Roast the pork chops in the preheated olive oil for 10 minutes totally from the both sides.
10. Then chill the cooked pork chops.

Nutrition:

calories 489
fat 25.2
fiber 1
carbs 14.56
protein 49

Classic Lasagna beef

Prep time: 15 minutes **Cooking time:** 55 minutes

Servings: 8

Ingredients

- 1 teaspoon paprika
- 1 teaspoon salt
- ½ cup tomato sauce
- 5 oz Mozzarella
- 1 cup chicken stock
- 14 oz minced beef
- 1 teaspoon minced garlic
- 8 oz lasagna sheets
- 1 teaspoon oregano
- 3 tablespoon olive oil
- ½ teaspoon nutmeg

Directions:

1. Combine the minced beef with the paprika, oregano, salt, and nutmeg.
2. Add the minced garlic and mix the mixture up.
3. After this, pour the olive oil into the pan and add the minced beef mixture.
4. Add the tomato sauce and stir the mixture with the help of the spatula.
5. After this, simmer the sauce for 10 minutes on the medium heat.
6. Grate Mozzarella.
7. Preheat the oven to 360 F.
8. Put 1 lasagna sheet on the bottom of the form.
9. After this, spread this sheet with the cooked minced beef sauce.
10. Sprinkle it with the small amount of the grated cheese and put the second lasagna sheet

over the mass.

11. Repeat the steps till the last lasagna sheet.
12. Sprinkle the last lasagna sheet with the grated cheese generously.
13. Pour the chicken stock in the form and place the lasagna in the preheated oven.
14. Cook the dish for 40 minutes.
15. Serve the lasagna hot.

Nutrition:

calories 204

fat 9.9

fiber 2

carbs 9.4

protein 19

Italian Calzone cheese

Prep time: 20 minutes **Cooking time:** 25 minutes

Servings: 9

Ingredients

- 3 cup flour
- 1 teaspoon salt
- 1 cup ricotta cheese
- 8 oz Cheddar cheese
- 7 oz pepperoni
- 1 teaspoon fresh yeast
- 7 oz water
- ½ teaspoon sugar
- 1 tablespoon olive oil
- 1 cup mushrooms
- 1 egg
- 1 tablespoon butter

Directions:

1. Preheat the water little to make it warm.
2. Then add the fresh yeast in the warm water and stir it carefully till the yeast is dissolved.
3. After this, add sugar and salt.
4. Sift the flour into the mixture and add olive oil.
5. Knead the smooth and non-sticky dough.
6. Cover the dough with the towel and place it in the warm place to rise.
7. Meanwhile, shred Cheddar cheese and slice the mushrooms.
8. Chop pepperoni.
9. Beat the egg in the bowl and whisk it.
10. Add the chopped pepperoni and shredded cheese in the whisked egg.
11. Make the butter soft and add it to the

filling mixture. Mix it up well.

12. Roll the raised dough and make the thin circles with the help of the cutter.
13. Then put the tablespoon of the filling in the middle of the dough circle and secure the dough.
14. Preheat the oven to 355 F.
15. Cover the tray with the baking paper or parchment.
16. Put the calzone on the tray and transfer the tray to the oven.
17. Bake the dish for 25 minutes.
18. Serve the cooked calzone hot.

Nutrition:

calories 396

fat 19.7

fiber 1

carbs 36.07

protein 17

Italian Meat Torte cheese

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 8

Ingredients

- 10 oz Provolone
- 8 oz ham
- 9 oz Cheddar cheese
- 10 oz yeast dough
- 6 oz prosciutto
- 8 eggs
- 1 tablespoon butter

Directions:

1. Cut the yeast dough into 4 similar parts.
2. Then roll the yeast parts in the shape of the round baking form.
3. Spread the baking form with the butter.
4. Cut the ham and prosciutto into the strips.
5. Beat the eggs in the bowl and whisk them.
6. Grate Cheddar cheese and Provolone cheese.
7. Put the first part of the rolled yeast dough in the form.
8. Sprinkle it with the grated Cheddar cheese.
9. Add the layer of ham and prosciutto.
10. Sprinkle the dish with the small amount of Provolone cheese.
11. Place the second part of the dough over the cheese and repeat all the steps.
12. You should use all the filling for the third rolled dough piece.
13. Cover the torte with the last rolled dough pieces and sprinkle it with the whisked eggs.
14. Preheat the oven to 365 F and put the

torte there.

15. Cook the dish for 40 minutes.
16. When the torte is cooked – it will have a golden-brown crust.
17. Cut the torte into the serving pieces.

Nutrition:

calories 423

fat 24.3

fiber 2

carbs 14.19

protein 36

Traditional Meatloaf uno

Prep time: 15 minutes **Cooking time:** 35 minutes

Servings: 10

Ingredients

- 1 teaspoon ground black pepper
- ½ teaspoon paprika
- 1 onion
- 6 oz Parmesan
- 1 cup tomato paste
- 1 tablespoon tomato puree
- 3-pound ground beef
- 4 eggs
- ½ cup breadcrumbs
- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 5 oz carrot
- ½ tablespoon kosher salt
- 1 teaspoon sugar

Directions:

1. Beat the egg in the bowl and whisk them with the help of the hand whisker.
2. After this, add salt, ground black pepper, paprika, and breadcrumbs.
3. Add the ground beef and mix the mixture gently.
4. Then grate Parmesan cheese and peel the onion.
5. Grate the onion and add the meatloaf mass.
6. Add the grated cheese and stir it carefully.
7. Put the meatloaf mass in the loaf form.
8. Place the meatloaf in the oven and cook it in the preheated to 365 F oven for 35 minutes.
9. Meanwhile, make the sauce: combine the tomato

paste and tomato puree together and pour the liquid into the saucepan.

10. Add cayenne pepper and olive oil.
11. Peel the carrot and grate it into the saucepan with the tomato sauce liquid.
12. Add sugar and kosher salt and mix it.
13. Close the lid and simmer the dish on the medium heat for 20 minutes. Stir the sauce frequently.
14. When the meatloaf is cooked – remove it from the oven and discard from the form.
15. Slice the meatloaf and sprinkle it with the cooked sauce.
16. Serve the dish with the separated bowl of the remaining tomato sauce.

Nutrition:

calories 512

fat 28.3

fiber 2

carbs 16.24

protein 46

New Italian Steak

Prep time: 25 minutes **Cooking time:** 10 minutes

Servings: 3

Ingredients

- ¼ teaspoon ground ginger
- 1 tablespoon olive oil
- 3 tablespoon tomato puree
- 1 teaspoon Italian spices
- 16 oz beef steak
- 1 tablespoon garlic, grated
- 1 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 1 tablespoon honey

Directions:

1. Combine the grated garlic with the olive oil and honey.
2. Whisk the mixture well.
3. Combine the cayenne pepper, ground ginger, Italian spices, kosher salt, and tomato puree. Whisk the mixture.
4. Then coat the beef steaks with the tomato mixture and leave for 10 minutes to marinate.
5. Meanwhile, preheat the grill well.
6. When the time of marinating is over – remove the beef steaks from the tomato sauce.
7. Brush the beef steak with the olive oil mixture.
8. Then put the beef steaks on the grill and grill them for 4 minutes from the each side.
9. Pin the meat and check if there is no remaining blood.
10. If the blood exists – cook the beef steak for 4 minutes more.

11. Serve Italian steaks immediately.

Nutrition:

calories 292

fat 14

fiber 1

carbs 8.96

protein 31

Manicotti pork

Prep time: 20 minutes **Cooking time:** 35 minutes

Servings: 8

Ingredients

- 12 manicotti
- 1 cup milk
- 1 cup ricotta
- 7 oz Mozzarella
- 7 oz Parmesan
- 1 tablespoon fresh basil
- 1 teaspoon cilantro
- 1 teaspoon thyme
- 4 oz white onion
- 1 tablespoon olive oil
- 9 oz ground pork
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon minced garlic
- 3 tablespoon tomato sauce
- 4 tablespoon butter

Directions:

1. Put the manicotti on the tray and transfer the tray to the oven.
2. Bake the manicotti for 5 minutes.
3. Meanwhile, combine the ground pork and olive oil in the big saucepan.
4. Add ground black pepper, salt, fresh basil, cilantro, thyme, minced garlic, and tomato sauce.
5. Peel the onion and dice it.
6. Add the diced onion to the ground beef mixture.
7. Add butter and simmer the ground beef mixture for 15 minutes or till all the ingredients are

- cooked.
8. After this, combine the ricotta and milk together.
 9. Whisk the mixture.
 10. Chop Parmesan cheese and Mozzarella cheese.
 11. Add the chopped cheese in the whisked milk mixture.
 12. Chill manicotti well and place 1 manicotti in the form.
 13. Sprinkle it with the cooked ground beef mixture.
 14. Repeat the same step with all the manicotti.
 15. After this, cover the last manicotti with the remaining ground beef mixture and pour the milk mixture.
 16. Transfer the unprepared dish in the oven and cook it for 25 minutes.
 17. When the manicotti has the golden brown color of the crust – it is cooked.

Nutrition:

calories 567

fat 33.3

fiber 3

carbs 47.32

protein 54

Great Italian Beef

Prep time: 15 minutes **Cooking time:** 1.5 hour **Servings:** 9

Ingredients

- 3 tablespoon minced garlic
- 1 chili pepper
- 15 oz beef, sliced, roasted
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 21 oz beef neck
- 10 oz oxtail
- 7 oz onion
- 1 oz bay leaf
- 1 carrot
- 1 teaspoon ground clove
- 12 cup water
- 10 oz Italian rolls

Directions:

1. Preheat the oven to 450 F.
2. Then trim as much meat as possible from the beef neck and oxtails.
3. Put the bones and trimmed meat in the tray.
4. Add sliced beef and transfer the mixture to the oven.
5. Cook it for 30 minutes. Turn the meat into sides time to time.
6. Peel the carrot and onion.
7. Slice the carrot and chop the onion.
8. After 30 minutes – remove the fat from the tray with meat and leave only 3 tablespoons of fat there.
9. Add the sliced carrot and chopped onion.

10. Add the bay leaf, salt, and ground black pepper.
11. After this, add ground clove and pour the water.
12. Return the tray back in the oven and cook it for 20 minutes more.
13. Meanwhile, chop chili pepper and combine it with the minced garlic.
14. Preheat the pan and roast the chili mixture for 1 minute. Stir it constantly.
15. When the meat is cooked – remove the tray from the oven and transfer the beef broth into the saucepan.
16. Take only 1 cup of the beef broth and add the chili mixture in it.
17. Start to preheat it on the medium heat.
18. Chop all the cooked beef and transfer it to the boiled beef broth.
19. Simmer the dish for 10 minutes on the medium heat.
20. Then cut Italian rolls crosswise.
21. Put the meat mixture in the rolls and wrap them in the foil.
22. Transfer the rolls in the preheated to 350 F oven and cook for 7 minutes more.
23. Serve the hot dish immediately.

Nutrition:

calories 453

fat 21

fiber 2

carbs 21.89

protein 43

Beef Carpaccio special

Prep time: 10 minutes **Servings:** 12

Ingredients

- 1 teaspoon ground black pepper
- 3 tablespoon mustard
- 2 egg yolks
- 17 oz beef tenderloin
- 1 cup arugula
- 5 tablespoon olive oil
- 1 teaspoon salt
- 4 tablespoon lemon juice
- 4 tomatoes

Directions:

1. Put the beef tenderloin in the freezer and freeze it for 2-3 hours.
2. Meanwhile, tear the arugula.
3. Combine the salt and ground black pepper together.
4. Whisk the egg yolks with the mustard and lemon juice.
5. Add olive oil and continue to whisk the mixture till you get the lemon color light sauce.
6. Then remove the frozen beef tenderloin from the freezer and slice into the thin slices with the help of the sharp knife.
7. Put the sliced beef into the big serving plate.
8. Sprinkle the meat with the salt-pepper mixture.
9. After this, sprinkle the dish with the mustard light sauce.
10. Add the arugula and sprinkle the dish with the olive oil.
11. Serve the carpaccio immediately.

Nutrition:

calories 156

fat 10.2

fiber 1

carbs 2.69

protein 13

Beef Meatballs

Prep time: 15 minutes **Cooking time:** 25 minutes

Servings: 8

Ingredients

- 1 teaspoon ground black pepper
- 2 tablespoon semolina
- 1 tablespoon butter
- 3-pound ground beef
- ½ cup fresh dill
- 10 oz Parmesan
- 1 teaspoon kosher salt
- 1 teaspoon oregano
- 1 teaspoon chili flakes
- 1 cup breadcrumbs
- 1 teaspoon marinara sauce

Directions:

1. Combine the ground beef with the semolina and ground black pepper.
2. Add kosher salt and oregano.
3. After this, sprinkle the forcemeat with the chili flakes.
4. Chop the fresh dill and add to the meat mixture.
5. Mix the ground beef mixture carefully.
6. Grate Parmesan cheese and combine it with the breadcrumbs.
7. Make the medium oval meatballs from the beef mixture and coat them in the cheese mass.
8. Preheat the oven to 365 F.
9. Put the meatballs on the covered with the parchment tray and put the tray in the oven.
10. Bake the dish for 25 minutes.
11. Stir the meatballs into the second side

once during the cooking.

12. When the beef meatballs are cooked – transfer them to the serving bowl and sprinkle with the marinara sauce gently.

Nutrition:

calories 601,

fat 31

fiber 1

carbs 19.12

protein 58

Italian Chili beef

Prep time: 15 minutes **Cooking time:** 45 minutes

Servings: 8

Ingredients

- 1 onion
- 1 teaspoon ground black pepper
- 1 teaspoon coriander
- 1 teaspoon basil
- 1/3 cup beef broth
- 1 cup red beans, cooked
- 1 zucchini
- 3-pound ground beef
- 1 cup tomato puree
- 1 teaspoon salt
- 1 teaspoon minced garlic
- 1 cup bell pepper
- 2 tablespoon olive oil
- 1 cup mushrooms
- ½ cup tomato paste

Directions:

1. Chop zucchini and onion into the same pieces.
2. Pour the tomato puree and tomato paste in the saucepan.
3. Add minced garlic, salt, ground black pepper, coriander, basil, and mix the mixture.
4. After this, add ground beef and sauté the dish for 15 minutes on the medium heat.
5. After this, add zucchini and onion.
6. Add olive oil and beef broth.
7. Chop the bell pepper and add it to the saucepan too.
8. Mix the chili carefully with the help of the

wooden spatula and add red beans.

9. Close the lid and cook the chili for 15 minutes more.
10. When the time is over – check if all the ingredients of the chili are tender.
11. Serve the dish immediately or let to rest for 10 minutes.

Nutrition:

calories 579

fat 31.4

fiber 5

carbs 22.97

protein 50

Italian Hoagie cheese

Prep time: 10 minutes **Servings:** 5

Ingredients

- 2 tablespoon apple cider vinegar
- 10 oz prosciutto
- 7 oz Parmesan cheese
- 1 tomato
- 1 teaspoon cilantro
- 1 teaspoon basil oil
- 5 hoagie rolls
- ½ cup lettuce
- 1 tablespoon marinara sauce

Directions:

1. Cut the hoagie rolls crosswise but not totally.
2. Then remove some bread from the rolls.
3. Combine the apple cider vinegar, basil oil, and cilantro in the bowl.
4. Whisk the mixture.
5. Slice Parmesan cheese and tomato.
6. Spread the hoagie rolls with the marinara sauce and then sprinkle with the basil oil mixture.
7. After this, slice the prosciutto and put it on the rolls.
8. Then add the lettuce and sliced Parmesan cheese.
9. After this, add the sliced tomato.
10. Serve the dish immediately.

Nutrition:

calories 301

fat 13.7

fiber 1

carbs 28.63

protein 16

Scrambled Eggs

Preparation time : 5 minutes **Cooking time:** 5 minutes

Servings: 2

Ingredients:

- ½ cup feta cheese, cubed
- Salt and black pepper to the taste
- 3 eggs
- 1 tomato, chopped
- 1 tablespoon vegetable oil
- 1 cup baby spinach

Directions:

1. Heat up a pan with the oil over medium heat, add spinach and tomatoes, stir and cook for a few minutes.
2. Add eggs, mix to scramble and cook for 30 seconds.
3. Add cheese, salt and pepper, stir, cook for 20 seconds more, divide between plates and serve.

Nutrition:

calories 150

fat 2

fiber 0

carbs 2

protein 10

Greek Egg Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes

Servings: 4

Ingredients:

- ¼ teaspoon cumin
- A splash of lemon juice
- ½ cup sun-dried tomatoes, chopped
- 8 eggs, hard-boiled, peeled and chopped
- ¼ cup olives, pitted and chopped
- 1 small cucumber, chopped
- 1 small red onion, finely chopped
- ½ cup Greek yogurt
- Salt and black pepper to the taste
- 1 and ½ teaspoon oregano

Directions:

1. In a bowl, mix eggs with onion, olives, cucumber and tomatoes.
2. Add salt, pepper, lemon juice, Greek yogurt, cumin and oregano, stir well and keep in the fridge until you serve it.

Nutrition:

calories 230

fat 1

fiber 2

carbs 1.4

protein 7

Italian Breakfast

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 6

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1-pint cherry tomatoes cut in halves
- 1 teaspoon onion powder
- ¼ cup Greek yogurt
- 12 eggs
- 1 teaspoon granulated garlic
- Salt and black pepper to the taste
- 2 cups quinoa, already cooked
- 5 ounces baby spinach leaves
- 1 cup feta cheese, crumbled

Directions:

1. In a bowl, mix eggs with salt, pepper, onion powder, granulated garlic and yogurt, whisk well and leave aside for now.
2. Heat up a pan with the oil over medium high heat, add spinach, stir and cook for 3 minutes.
3. Add tomatoes, stir and cook 3 more minutes.
4. Add eggs mix, cook for 9 minutes and stir them to scramble.
5. Add quinoa and cheese, stir, cook for 2 minutes more, transfer to bowls and serve hot.

Nutrition:

calories 357

fat 20

fiber 2

carbs 20

protein 23

Italian Oats

Preparation time: 5 minutes **Cooking time:** 0 minutes **Servings:** 1

Ingredients:

- 1 tablespoon chia seeds
- 2 tablespoons walnuts, chopped
- ½ cup oats
- ¾ cup almond milk
- 1 date, chopped
- 1 tablespoon vanilla powder
- ½ teaspoon cinnamon

Directions:

1. In a bowl, mix milk with walnuts, oats, date, chia seeds, vanilla powder and cinnamon.
2. Stir well, keep in the fridge overnight and serve the next day cold.

Nutrition:

calories 345

fat 18

fiber 3

carbs 38

protein 16

Figs And Yogurt

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- 1 tablespoon honey
- A pinch of cinnamon
- 8 ounces figs cut in halves
- 2 cups Greek yogurt
- ¼ cup pistachios, chopped

Directions:

1. Heat up a pan over medium heat, add honey and heat it up.
2. Add figs, stir and caramelize them for 5 minutes.
3. Divide yogurt into bowls, add caramelized figs on top, sprinkle cinnamon and pistachios and serve.

Nutrition:

calories 200

fat 5

fiber 2

carbs 24

protein 5

Italian Frittata

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 6

Ingredients:

- ¼ cup feta cheese, crumbled
- 1 cup spinach
- ¼ cup kalamata olives, pitted and chopped
- 6 eggs
- ½ cup milk
- ½ cup tomatoes, chopped
- ¼ cup black olives, pitted and chopped
- Salt and black pepper to the taste
- 1 teaspoon oregano, dried
- A drizzle of olive oil

Directions:

1. Grease a baking dish with a drizzle of oil.
2. In a bowl, mix eggs with milk, salt, pepper, tomatoes, black olives, kalamata olives, spinach, cheese and oregano and whisk well.
3. Pour this into the pan, spread, introduce in the oven at 400 degrees F and bake for 20 minutes.
4. Serve hot.

Nutrition:

calories 176

fat 3

fiber 7

carbs 21

protein 16

Poached Eggs Dish

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 6

Ingredients:

- 1 teaspoon coriander, ground
- Salt and black pepper to the taste
- A pinch of red pepper flakes
- ½ cup tomato sauce
- 2 green bell peppers, chopped
- 2 garlic cloves, minced
- 3 tablespoons olive oil
- 1 yellow onion, chopped
- 1 teaspoon sweet paprika
- 6 tomatoes, chopped
- 1 teaspoon sugar
- 6 eggs
- ¼ cup parsley, chopped
- ¼ cup mint, chopped

Directions:

1. Heat up a pan with the oil over medium heat, add bell peppers, onion, garlic, salt, pepper, paprika, coriander, pepper flakes and cumin, stir and cook for 10 minutes.
2. Add sugar, tomatoes and tomato sauce, stir and simmer for 10 minutes.
3. Add more salt and pepper to the taste and make 6 holes in the mix.
4. Crack an egg into each, cover pan, reduce heat and cook until eggs are done.
5. Sprinkle parsley and mint all over and serve.

Nutrition:

calories 300

fat 18

fiber 4

carbs 23

protein 15

Italian Breakfast Strata

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- 1 teaspoon marjoram, dried
- ½ cup artichoke hearts, chopped
- ¼ cup kalamata olives, pitted and cut in quarters
- 2 garlic cloves, minced
- 3 tablespoons butter
- 1 cup mushrooms, sliced
- 2 shallots, chopped
- 6 cups white bread, cubed
- 4 ounces mozzarella cheese balls, cut in halves
- 1/5 cup sun-dried tomatoes, marinated and chopped
- Salt to the taste
- ¼ cup parmesan, grated
- 6 eggs
- 1 and ½ cups half and half
- ¼ cup basil, chopped

Directions:

1. Heat up a small pan over medium heat, add 1 tablespoon butter, melt it and use to brush 4 baking cups.
2. Heat up the same pan with the rest of the butter over medium heat, add shallot and garlic, stir and cook for 2 minutes.
3. Add mushrooms and marjoram, stir, cook for 4 minutes and transfer to a bowl.
4. Add artichoke pieces, bread cubes, olives, tomatoes, salt, mozzarella and parmesan and toss everything well.
5. Divide this mix into greased baking cups.
6. In a bowl, mix eggs with half and a half and whisk well.
7. Divide this over mushroom mix from the cups, sprinkle basil at the end, introduce in the oven at 325 degrees F and bake for 50 minutes.
8. Leave cups aside to cool down for 5 minutes before

serving.

Nutrition:

calories 300

fat 6

fiber 8

carbs 20

protein 15

Breakfast Pancakes Of Italian

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 2

Ingredients:

- 1 egg
- 6 ounces Greek yogurt
- ½ cup flour
- 1 teaspoon baking soda

Directions:

1. Put yogurt in a bowl and whisk it well.
2. Add the egg and stir well again.
3. In another bowl, mix baking soda with flour and stir.
4. Combine the 2 mixtures and stir well.
5. Heat up a pan over medium high heat, spoon some of the batter into the pan, spread, cook until it turns golden, flip and cook on the other side as well and transfer pancake to a plate.
6. Repeat with the rest of the batter and serve your pancakes with some maple syrup on top.

Nutrition:

calories 111

fat 1.4

fiber 2

carbs 15

protein 10

Mediterranean Baked Eggs

Preparation time: 10 minutes **Cooking time:** 50 minutes

Servings: 4

Ingredients:

-
- Some thyme leaves
- 6 tablespoons olive oil
- 2 yellow onions, cut into medium wedges
- 2 red bell peppers, cut into thin strips
- 1 teaspoon coriander
- 1 teaspoon cumin
- Salt and black pepper to the taste
- A handful cilantro, chopped
- 1 egg, whisked
- 6 eggs
- A handful parsley, chopped
- 1 puff pastry sheet
- 12 teaspoons sour cream

Directions:

1. In a bowl, mix onions with bell pepper, thyme, salt, pepper, oil, cumin and coriander and toss to coat.
2. Spread into a baking dish, introduce in the oven at 400 degrees F and bake for 30 minutes.
3. Take veggies out of the oven, add half of the cilantro and parsley, toss to coat and leave aside.
4. Roll out puff pastry, cut into 6 squares, place them on a lined baking sheet, prick them with a fork and keep in the fridge for 30 minutes.
5. Take pastry squares out of the fridge, brush with whisked egg, spread 3 teaspoons sour cream on each, divide veggie mix and also spread, lift square edges a bit, introduce them in the oven at 425 degrees F and bake for 10 minutes.
6. Take galettes out of the oven, crack an egg in each, introduce in the oven again and bake for 10 minutes.

7. Take galettes out of the oven, sprinkle salt, pepper to the taste, the rest of the cilantro and parsley, drizzle some oil over them if you want and serve.

Nutrition:

calories 340

fat 20

fiber 3

carbs 20

protein 11

Roasted Peppers Frittata

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 12

Ingredients:

- 12 ounces canned roasted bell peppers, chopped
- 2 handfuls arugula, chopped
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- 1 cup white onion, chopped
- 8 eggs, whisked
- Salt and black pepper to the taste
- ¼ cup basil pesto
- 1 cup mozzarella cheese, shredded
- Cooking spray

Directions:

1. Heat up a pan with the olive oil over medium high heat, add onion, stir and cook for 5 minutes.
2. Add garlic, stir and cook 2 minutes more and take off heat.
3. In a bowl, whisk well eggs with arugula, red peppers, salt, pepper, cheese and pesto.
4. Add onions mix and stir well again.
5. Pour this into a baking dish which you've sprayed with some cooking spray, introduce in the oven at 350 degrees F and bake for 45 minutes.
6. Take frittata out of the oven, slice and serve hot.

Nutrition:

calories 200

fat 12

fiber 1

carbs 0

protein 10

Banana Toast

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 6

Ingredients:

- 3 tablespoons sugar
- 2 tablespoons butter
- *For the banana syrup:*
- 3 tablespoons whipping cream
- ¼ cup butter
- 2 eggs
- ½ cup milk
- 6 bread slices
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon, ground
- A pinch of salt
- ¾ cup brown sugar
- 2 bananas, chopped
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon, ground
- 4 tablespoons rum

Directions:

1. In a bowl, mix milk with eggs, salt, vanilla, ½ teaspoon cinnamon and 3 tablespoons sugar and stir well.
2. Heat up a pan with 2 tablespoons butter over medium high heat, dip bread slices in this eggs mix, place them in the pan, fry for 2 minutes on each side and transfer to a plate.
3. Heat up a pan with ¼ cup butter over medium high heat and melt it.
4. Add brown sugar, stir until it dissolves, cook for 2 minutes and take off heat.
5. Add whipping cream, 1 teaspoon vanilla and ¼ teaspoon cinnamon and stir well.
6. Spoon this sauce over toasted slices, top with sliced

banana and serve.

Nutrition:

calories 180

fat 7

fiber 4

carbs 32

protein 5

Creamy Breakfast Oatmeal

Preparation time: 15 minutes **Cooking time:** 20 minutes

Servings: 3

Ingredients:

- ½ teaspoon cinnamon, ground
- Fresh berries for serving
- 1 cup rolled oats
- A pinch of salt
- 2 cups boiling water
- 2 teaspoons butter
- Honey for serving
- Your favorite nuts for serving

Directions:

1. Put boiling water in a pan, add oats, bring to a boil over medium heat, cook for 5 minutes, reduce heat and cook for 10 more minutes string all the time.
2. Take pot off the heat, add cinnamon and butter, cover and leave aside for 5 minutes.
3. Stir oats again, divide into bowls, top with berries, honey and nuts and serve.

Nutrition:

calories 160,
fat 3,
fiber 4,
carbs 30,
protein 6

Egg Casserole

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 6

Ingredients:

- 1 and ½ cups spinach
- ½ cup milk
- Salt and black pepper the taste
- 8 eggs
- 1 cup red bell pepper, chopped
- 2 tablespoons butter
- 1 yellow onion, chopped
- 1 cup tomato, chopped
- 1 teaspoon olive oil
- 2 ounces feta cheese, crumbled
- 1 tablespoon basil, chopped

Directions:

1. Heat up a pan with the butter over medium high heat, add onion and bell pepper, stir and cook for 6 minutes.
2. Add spinach, stir and cook for 2 minutes.
3. Meanwhile, in a bowl, mix eggs with salt, pepper and cheese and stir well.
4. Add cooked onions mix and stir well again.
5. Heat up another pan with the olive oil over medium heat, add eggs mix and spread evenly.
6. Introduce the pan in the oven at 350 degrees F and bake for 35 minutes.
7. Take out of the oven, spread tomatoes and basil all over, leave aside to cool down for 5 minutes, cut and serve.

Nutrition:

calories 250

fat 13

fiber 0

carbs 12

protein 17

Bagel And Eggs

Preparation time: 10 minutes **Cooking time:** 2 minutes **Servings:** 4

Ingredients:

- ½ cup mayonnaise
- Salt and black pepper to the taste
- 4 whole grain bagels
- 6 hardboiled eggs, peeled and chopped
- 1 tablespoon green onion, chopped
- 1/3 cup ham, chopped
- ½ cup cheddar cheese, grated

Directions:

1. In a bowl, mix eggs with salt, pepper, onion, ham and mayo and stir well.
2. Cut bagels in half, spread eggs mix on each half, sprinkle cheese, place everything in preheated broiler and broil until cheese melts.

Nutrition:

calories 250

fat 2.2

fiber 2.4

carbs 22

protein 12

Stuffed Baguette

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 6

Ingredients:

- ½ cup jarred roasted peppers
- 1 tablespoon kalamata olives, pitted and chopped
- 1 whole wheat baguette
- 1 tablespoons dill, chopped
- 5 eggs
- 1 tablespoon cream cheese
- 1 zucchini, grated
- Cooking spray
- Salt and pepper to the taste

Directions:

1. In a bowl, mix eggs with salt, pepper and dill and stir well.
2. Heat up a pan over medium high heat, add cooking spray and zucchinis, stir and cook for 3 minutes.
3. Add eggs mix, spread, reduce heat and cook until eggs are done for 5-6 minutes.
4. Add cream cheese, peppers and olives, stir, take off heat and leave aside for 2 minutes.
5. Cut baguette in half, spread eggs mix on one-half and top with the other.
6. Divide this into 6 pieces and serve.

Nutrition:

calories 160

fat 12

fiber 2

carbs 15

protein 17

Ham And Egg Pitas

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 1/3 cup sweet green pepper, chopped
- ¼ cup brie cheese
- Salt and black pepper to the taste
- 6 eggs
- 2 shallots, chopped
- 1 teaspoon vegetable oil
- 1/3 cup smoked ham, chopped
- 4 lettuce leaves
- 2 whole wheat pita bread

Directions:

1. Heat up a pan with the oil over medium heat, add green pepper and shallots, stir and cook for 5 minutes.
2. In a bowl, whisk eggs with salt and pepper.
3. Pour this into the pan, add cheese and ham, stir gently and cook until eggs thicken.
4. Cut pitas in half, open pockets, spread 1 teaspoon mustard in each pocket, add 1 lettuce leaf, spread eggs mix and serve.

Nutrition:

calories 350

fat 7

fiber 2.3

carbs 24

protein 20

Avocado And Feta Cheese

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 3

Ingredients:

- Salt and black pepper to the taste
- 2 tablespoons feta cheese
- 1 avocado, pitted and mashed
- 3 whole grain bread slices, toasted
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{4}$ teaspoon paprika
- 4 cherry tomatoes, cut in halves

Directions:

1. In a bowl, mix avocado with salt, pepper, lemon juice, paprika and stir well.
2. Spread this mix on toasted bread slices, top with cherry tomatoes and feta cheese on them and serve.

Nutrition:

calories 249

fat 18

fiber 3

carbs 18

protein 9

Breakfast Couscous

Preparation time: 15 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- ¼ cup currants, dried
- A pinch of salt
- 6 teaspoons brown sugar
- 3 cups low fat milk
- 1 cinnamon stick
- ½ cup apricots, dried and chopped
- 1 cup couscous, uncooked
- 4 teaspoons butter, melted

Directions:

1. Heat up a pan with the milk and cinnamon over medium high heat for 3 minutes and take off heat.
2. Add couscous, currants, apricots, salt and sugar, stir, cover and leave aside for 15 minutes.
3. Discard cinnamon stick, divide into bowls, sprinkle some brown sugar on top of each and serve.

Nutrition:

calories 250

fat 6.5

fiber 4

carbs 24

protein 10

Chickpeas Hash

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- ½ cup yellow onion, chopped
- Salt and black pepper to the taste
- 1 tablespoon curry powder
- 2 cups baby spinach
- 4 cups frozen hash brown potatoes
- 1 tablespoon ginger, grated
- 1 cup zucchini, grated
- 15 ounces canned chickpeas, drained
- ¼ cup olive oil
- 4 eggs

Ingredients:

1. In a bowl, mix spinach with potatoes, curry powder, salt, pepper, ginger and onion and stir.
2. Heat up a pan with the oil over medium high heat, add potatoes mix and spread on the bottom and cook for 5 minutes.
3. Reduce heat to medium, add chickpeas and zucchini and stir a bit.
4. Make 4 wells in this mix, crack an egg in each, cover pan and cook for 5 minutes.
5. Divide between plates and serve.

Nutrition:

calories 110

fat 6

fiber 3

carbs 14

protein 2

Lamb And Oyster Stew

Preparation time: 10 minutes **Cooking time:** 1 hour and 10 minutes **Servings:** 6

Ingredients:

For the sofrito:

- Salt and black pepper to the taste
- 2 teaspoons rosemary, chopped
- ¼ cup olive oil
- 2 cups sweet onion, chopped
- 3 dried chilies, chopped
- 2 cups red bell pepper, chopped
- ½ teaspoon red pepper flakes
- 1 cup dry sherry
- 2 cups water
- 29 ounces canned tomatoes, chopped
- 6 garlic cloves, minced

For the stew:

- 2 teaspoons oregano, chopped
- 1 pound lamb, ground
- 2 garlic cloves, minced
- ¼ cup jarred roasted red peppers
- 1 tablespoon red wine vinegar
- Salt to the paste
- 1 teaspoon red pepper flakes
- 2 tablespoons olive oil
- 1 cup dry sherry
- 36 oysters, shucked
- 1 and ½ cups canned black-eyed peas, drained

Directions:

1. Heat up a pan over medium high heat, add 3 dried chilies, toast for 2 minutes, transfer to a cutting board and cool them down.
2. Put the water in a pot, bring to a boil, add toasted chilies, stir and simmer for 20 minutes.

3. Take chilies out of the pot and cut them in half.
4. Heat up a pot with $\frac{1}{4}$ cup oil over medium high heat, add chilies, bell pepper, salt, pepper, rosemary and $\frac{1}{2}$ teaspoon pepper flakes, stir and cook for 10 minutes.
5. Add tomatoes, 6 garlic cloves and 1 cup sherry, stir, reduce heat to medium-low and simmer for 30 minutes.
6. Meanwhile, in a bowl, mix lamb with jarred roasted peppers, 2 garlic cloves, vinegar, oregano and salt and stir well.
7. Heat up a pot with 2 tablespoons olive oil over medium high heat, add lamb mix, stir and cook for 4 minutes.
8. Add 1 teaspoons pepper flakes and 1 cup dry sherry, stir and cook for 2 minutes.
9. Add oysters, peas and more salt if needed, stir and cook for 5 minutes.
10. Transfer sofrito to bowls, top with lamb and oysters stew and serve.

Nutrition:

calories 340

fat 16

fiber 3 carbs 21, protein 19

Lentils Stew

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- ¾ cup celery, chopped
- 4 cups water
- 1 cup carrots, sliced
- 1 yellow onion, chopped
- 1 and ½ teaspoon garlic, minced
- ½ teaspoon smoked paprika
- ½ teaspoon oregano
- 1 and ½ pounds gold potatoes, roughly chopped
- 7 ounces chorizo, cut in half lengthwise and thinly sliced
- 1 and ½ cup lentils
- Salt and black pepper to the taste
- 14 ounces canned tomatoes, chopped
- ½ cup cilantro, chopped

Directions:

1. Heat up a pot with the oil over medium high heat, add onion, garlic, celery and carrots, stir and cook for 4 minutes.
2. Add oregano, potato, chorizo, paprika, salt and pepper, stir and cook for 1 minute.
3. Add lentils and water, stir, bring to a boil, reduce heat to medium-low and simmer for 25 minutes.
4. Add tomatoes, more salt and pepper and cilantro, stir, cook for 5 minutes, divide into bowls and serve.

Nutrition:

calories 400

fat 16

fiber 13

carbs 58

protein 24

Catalan Lamb Stew

Preparation time: 10 minutes **Cooking time:** 2 hours **Servings:** 4

Ingredients:

- 3 tablespoons extra virgin olive oil
- 3 tomatoes, grated
- 2 and ½ pounds lamb shoulder, boneless and cut in small pieces
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 1 bay leaf
- 1 and ½ cups chicken stock
- ½ cup dry white wine
- 2 and ½ pounds gold potatoes, cut into medium cubes
- ¾ cup green olives

Directions:

1. Season lamb with salt and pepper and put in a bowl.
2. Heat up a pot with the oil over medium high heat, add lamb, brown for 10 minutes, transfer to a platter and keep warm for now.
3. Heat up the pot again, add onion, stir and cook for 4 minutes.
4. Add tomatoes, stir, reduce heat to low and cook for 15 minutes.
5. Return lamb meat to pot, add wine, stir and cook for 1 minute.
6. Add bay leaf and stock, stir, increase heat to medium high, bring to a boil, reduce heat again, cover pot and simmer for 30 minutes.
7. Add salt and pepper to the taste, potatoes and olives, stir and cook for 1 more hour.
8. Divide into bowls and serve.

Nutrition:

calories 450

fat 12

fiber 4

carbs 33

protein 39

Smokey Mediter- Soup

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 4

Ingredients:

- 1 garlic clove, minced
- 2 garlic cloves, sliced
- 2 teaspoons thyme, chopped
- 1 egg, whisked
- 12 ounces pork meat, ground
- 12 ounces veal, ground
- Salt and black pepper to the taste
- 3 ounces manchego, grated
- A pinch of saffron
- 15 ounces canned tomatoes, crushed
- 2 tablespoons extra virgin olive oil
- 1/3 cup panko
- 4 cups chicken stock
- 1 tablespoons parsley, chopped
- 8 ounces pasta

Directions:

1. In a bowl, mix veal with pork, 1 garlic clove, 1 teaspoon thyme, ¼ teaspoon paprika, salt, pepper to the taste, egg, manchego a panko and stir very well.
2. Shape 20 meatballs from this mix using your wet hands and put them on a plate.
3. Heat up a pan with 1 and ½ tablespoons oil over medium high heat, add half of the meatballs, cook for 2 minutes on each side, transfer to paper towels, drain grease and put on a plate.
4. Repeat this with the rest of the meatballs.
5. Heat up the pot with the rest of the oil, add sliced garlic, stir and cook for 1 minute.
6. Add the rest of the thyme, the rest of the paprika, saffron, stock and tomatoes, stir and cook for 2 minutes.
7. Add meatballs, stir, reduce heat to medium low, cook

for 25 minutes and season with salt and pepper.

8. Cook pasta is accruing to instructions, drain them, put into a bowl and mix with $\frac{1}{2}$ cup soup.
9. Divide pasta into soup bowls, add soup and meatballs on top, sprinkle parsley all over and serve.

Nutrition:

calories 380

fat 17

fiber 2

carbs 28

protein 26

Egg Soup

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 2 eggs
- 3 tablespoons lemon juice
- 2 cups peas
- 1 teaspoon shallot, chopped
- 1 tablespoon butter
- 1-quart chicken stock
- 2 tablespoons parmesan, grated
- Salt and black pepper to the taste

Directions:

1. Heat up a pot with the butter over medium high heat, add shallot, stir and cook for 2 minutes.
2. Add stock, lemon juice, some salt and pepper, stir and bring to a boil.
3. In a bowl, mix eggs with salt and pepper and whisk well.
4. Add eggs to soup, more salt and pepper to the taste, peas and parmesan cheese, stir, cook for 3 minutes.
5. Divide into bowls and serve.

Nutrition:

calories 180

fat 39

fiber 4

carbs 10

protein 14

Lamb Stew With Mint And Apricots

Preparation time: 10 minutes **Cooking time:** 1 hour and 45 minutes **Servings:** 4

Ingredients:

- 2 pounds lamb shoulder chops
- 1 tablespoon mustard, dry
- 3 tablespoons canola oil
- 1 tablespoon ras el hanout
- 1 carrot, chopped
- 3 cups orange juice
- ½ cup mint tea
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 1 celery rib, chopped
- 2-star anise
- 1 cup apricots, dried and cut in halves
- 1 cinnamon stick
- 1 tablespoon ginger, grated
- 28 ounces canned tomatoes, crushed
- 1 tablespoon garlic, minced
- ½ cup mint, chopped
- 15 ounces canned chickpeas, drained
- 6 tablespoons yogurt

Directions:

1. Put orange juice in a pot, bring to a boil over medium heat, take off heat, add tea leaves, cover and leave aside for 3 minutes, strain this and leave aside.
2. Season meat with salt and pepper, add mustard and ras el hanout and toss to coat.
3. Heat up a pot with 2 tablespoons oil over medium high heat, add lamb chops, brown for 3 minutes on each side and transfer to a plate.
4. Add the rest of the oil to the pot and heat it up.
5. Add ginger, onion, carrot, garlic and celery, stir and cook for 5 minutes.

6. Add orange juice, star anise, tomatoes, cinnamon stick, lamb, apricots, stir and cook for 1 hour and 30 minutes.
7. Transfer lamb chops to a cutting board, discard bones and chop.
8. Bring sauce from the pot to a boil, add chickpeas, stir and cook for 10 minutes.
9. Discard cinnamon and star anise, add mint, stir and divide into bowls.
10. Serve with yogurt on top.

Nutrition:

calories 560

fat 24

fiber 11

carbs 35

protein 33

Orzo Soup

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- Salt and black pepper to the taste
- 1 and ½ teaspoon oregano, dried
- ½ cup orzo
- 6 cups chicken soup
- 1 and ½ cups parmesan, grated
- ¼ cup yellow onion, finely chopped
- 3 cups baby spinach
- 2 tablespoons lemon juice
- ½ cup peas, frozen

Directions:

1. Heat up a pot with the stock over high heat.
2. Add oregano, orzo, salt and pepper, stir, bring to a boil, cover and cook for 2-3 minutes.
3. Add onion, reduce heat to medium and simmer for 3 minutes.
4. Take soup off the heat, add salt and pepper to the taste, parmesan, peas, spinach and lemon juice, stir well and divide into soup bowls.
5. Serve right away.

Nutrition:

calories 201

fat 5

fiber 3

carbs 28

protein 17

Rhubarb And Lentils Soup

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 6

Ingredients:

- ¼ teaspoon cardamom, ground
- ¼ teaspoon turmeric, ground
- 1 jalapeno pepper, chopped
- 1 yellow onion, chopped
- ¾ cup rhubarb, sliced
- 1 teaspoon brown sugar
- Salt and black pepper to the taste
- ¾ cup green lentils
- 5 cups water
- 2 tablespoons coconut butter
- 3 chard leaves, stems removed and leaves chopped
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 2 teaspoons mustard seeds
- 2 teaspoons garlic, minced
- 1 tablespoon ginger, grated
- 3 tablespoons cilantro, chopped
- 6 tablespoons yogurt

Directions:

1. Heat up a pan with the butter over medium high heat, add cumin, mustard and coriander seeds, stir and toast for 1 minute.
2. Reduce heat to medium-low, add turmeric, garlic, ginger and cardamom, stir and cook for 2 minutes.
3. Add chard, jalapeno and onion, stir and cook for 5 minutes.
4. Add rhubarb, sugar, lentils, salt, pepper and 5 cups water, stir, bring to a boil and simmer for 30 minutes.
5. Divide soup into bowls, top with cilantro and yogurt and serve.

Nutrition:

calories 170

fat 7

fiber 6

carbs 22

protein 8

New Chicken Stew

Preparation time: 10 minutes **Cooking time:** 2 hours and 10 minutes **Servings:** 4

Ingredients:

- 3 tablespoons cilantro, chopped
- Salt and black pepper to the taste
- 1 teaspoon ginger, ground
- 2 tablespoons olive oil
- 3 red onions, thinly sliced
- 4 chicken drumsticks
- 5 ounces apricots, dried
- 2 tablespoons butter
- $\frac{1}{4}$ cup honey
- $\frac{2}{3}$ cup walnut, chopped
- 3 garlic cloves, minced
- 1 tablespoon parsley, chopped
- 20 saffron threads
- $\frac{1}{2}$ cinnamon stick

Directions:

1. Heat up a pan over medium high heat, add saffron threads, toast them for 2 minutes, transfer to a bowl, cool down and crush.
2. Add 1 tablespoon cilantro, parsley, garlic, ginger, salt, pepper, oil and 2 tablespoons water and stir well.
3. Add chicken pieces, toss to coat and keep in the fridge for 30 minutes.
4. Spread onion on the bottom of a pot.
5. Add chicken, drizzle the marinade, add 1 tablespoon butter, place on stove over medium high heat and cook for 15 minutes.
6. Add $\frac{1}{4}$ cup water, stir, cover pot, reduce heat to medium-low and simmer for 45 minutes.
7. Heat up a pan over medium heat, add 2 tablespoons honey, cinnamon stick, apricots and $\frac{3}{4}$ cup water, stir, bring to a boil, reduce to low and simmer for 15 minutes.

8. Take off heat, discard cinnamon and leave to cool down.
9. Heat up a pan with the rest of the butter over medium heat, add the rest of the honey and walnuts, stir and cook for 5 minutes.
10. Transfer this to a plate, spread and leave aside
11. Add chicken to apricots sauce, stir and cook for 10 minutes..
12. Add salt and pepper to the taste, the rest of the cilantro, stir and serve on top of walnuts.

Nutrition:

calories 560

fat 10

fiber 4

carbs 34

protein 44

Simple Fish Stew Mix

Preparation time: 10 minutes **Cooking time:** 1 hour and 30 minutes **Servings:** 4

Ingredients:

- 6 lemon wedges, pulp separated and chopped and some of the peel reserved
- ½ teaspoon cumin, ground
- Salt and black pepper to the taste
- 4 black bass fillets
- ¼ cup olive oil
- 3 carrots, sliced
- 2 tablespoons parsley, chopped
- 2 tomatoes, cut in halves, peeled and grated
- 2 tablespoons cilantro, chopped
- 2 garlic cloves, minced
- ½ teaspoon paprika
- 2 tablespoons water
- ½ cup water
- 1 red bell pepper, sliced lengthwise and thinly cut in strips
- 1 and ¼ pounds potatoes, peeled and sliced
- ½ cup olives
- 1 red onion, thinly sliced

Directions:

1. In a bowl, mix tomatoes with lemon pulp, cilantro, parsley, cumin, garlic, paprika, salt and pepper and stir,
2. Add 2 tablespoons water and 2 tablespoons oil and stir again.
3. Add fish fillets, toss to coat, cover and keep in the fridge for 30 minutes.
4. Heat up a pot with the water and some salt over medium high heat, add potatoes and carrots, stir, cook for 10 minutes and drain.
5. Heat up a pan over medium heat, add bell pepper and ¼ cup water, cover, cook for 5 minutes and take off heat.

6. Coat a pot with the rest of the oil, spread potatoes and carrots, add $\frac{1}{4}$ cup water, onion slices, fish and its marinade, bell pepper strips, olives, some salt and pepper, heat up over medium-low heat, cover and cook for 45 minutes.
7. Divide into bowls and serve.

Nutrition:

calories 440

fat 18

fiber 8

carbs 43

protein 30

Gazpacho

Preparation time: 60 minutes **Cooking time:** 2 minutes **Servings:** 4

Ingredients:

- 9 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 2 teaspoons sherry vinegar
- Salt and black pepper to the taste
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 1 and ¾ pounds tomatoes, chopped
- ¼ cup bread, torn
- 1 tablespoon cilantro, chopped
- A pinch of cumin, ground

Directions:

1. In your blender, mix green and red bell peppers with tomatoes, salt, pepper, 6 tablespoons oil, vinegar, garlic and cumin and pulse well for 5 minutes.
2. Keep this in the fridge for 1 hour.
3. Meanwhile, heat up a pan with the rest of the oil over medium high heat add bread pieces, cook for 1 minute and transfer them to paper towels.
4. Divide cold soup into bowls, top with bread cubes and cilantro and serve.

Nutrition:

calories 260

fat 23

fiber 2

carbs 11

protein 2

Elite Chickpea And Kale Soup

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 1 carrot, chopped
- 3 rosemary springs
- 4 cups veggie stock
- 30 ounces canned chickpeas, drained
- 14 ounces canned tomatoes, chopped
- 1 bay leaf
- 1 bunch kale, leaves torn
- Salt and black pepper to the taste
- 3 tablespoons olive oil
- 1 celery stalk, chopped

Directions:

1. In a bowl, mix kale with 1 and ½ tablespoons oil, salt and pepper and toss to coat.
2. Spread this on a lined baking sheet, introduce in the oven at 425 degrees F, bake for 12 minutes, take out of the oven and leave aside for now.
3. Heat up a pot with the rest of the oil over medium high heat, add carrot, celery, onion, some salt and pepper, stir and cook for 5 minutes.
4. Add tomatoes and chickpeas, stir and cook for 1 minute.
5. Add bay leaf and rosemary, stock and more salt if needed, stir and simmer for 20 minutes.
6. Discard rosemary and bay leaf, puree using your blender and divide into soup bowls.
7. Top with roasted kale and serve.

Nutrition:

calories 360

fat 14

fiber 11

carbs 53

protein 14

Bouillabaisse

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 6

Ingredients:

- 1 pinch saffron, soaked in some orange juice for 10 minutes and drained
- 14 ounces canned tomatoes, peeled
- 1 strip orange zest
- 6 cups seafood stock
- 10 halibut fillet, cut into big pieces
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 fennel bulb, sliced
- 1 yellow onion, chopped
- 20 shrimp, peeled and deveined
- 1 bunch parsley, chopped
- Salt and white pepper to the taste

Directions:

1. Heat up a pot with the oil over medium high heat, add onion, garlic and fennel, stir and cook for 10 minutes.
2. Add saffron, tomatoes, orange zest and stock, stir, bring to a boil and simmer for 20 minutes.
3. Reduce heat to medium-low, add fish pieces, stir and cook for 2 minutes.
4. Add shrimp and simmer for 4 minutes more.
5. Sprinkle parsley, salt and pepper, divide into bowls and serve.

Nutrition:

calories 340

fat 20

fiber 3

carbs 23

protein 45

Watermelon Gazpacho

Preparation time: 4 hours **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- 1 tomato, chopped
- 1 tablespoon shallot, chopped
- ¼ cup cilantro, chopped
- 1 small cucumber, chopped
- 1 small Serrano chili pepper, chopped
- 3 and ½ tablespoons lime juice
- ¼ cup crème Fraiche
- 3 pounds watermelon, sliced
- ½ teaspoon chipotle chili powder
- 2 tablespoons olive oil
- Salt to the taste
- ½ tablespoon red wine vinegar

Directions:

1. In a bowl, mix 1 tablespoon oil with chipotle powder.
2. Brush watermelon slices with this mix, sprinkle salt, place them on preheated grill over medium high heat, grill for 1 minute on each side, transfer to a cutting board, leave aside to cool down, chop and put in a blender.
3. Add cucumber, tomato, shallot, cilantro, chili pepper, salt and the rest of the oil and pulse very well.
4. Transfer to bowls, top with lime juice and vinegar, keep in the fridge for 4 hours and then serve.

Nutrition:

calories 115

fat 0

fiber 2

carbs 18

protein 2

Red Pepper And Shrimp Soup

Preparation time: 30 minutes **Cooking time:** 5 minutes **Servings:** 6

Ingredients:

- 2 tablespoons sherry vinegar
- 1 teaspoon sherry vinegar
- 1 garlic clove, mashed
- 2 baguette slices, cut into cubes and toasted
- Salt and black pepper to the taste
- ½ teaspoon cumin, ground
- ¾ pounds shrimp, peeled and deveined
- 1 teaspoon thyme, chopped
- 1 English cucumber, chopped
- 3 cups tomato juice
- 3 jarred roasted red peppers, chopped
- ½ cup olive oil

Directions:

1. In your blender, mix cucumber with tomato juice and red peppers and pulse well.
2. Add bread, 6 tablespoons oil, 2 tablespoons vinegar, cumin, salt, pepper and garlic and blend again well.
3. Add more salt and pepper, transfer to a bowl and keep in the fridge for 30 minutes.
4. Heat up a pot with 1 tablespoon oil over high heat, add shrimp, stir and cook for 2 minutes.
5. Add thyme, salt and pepper, cook for 1 minute and transfer to a plate. Add 1 teaspoon vinegar and some salt and stir well.
6. Divide cold soup into bowls, top with shrimp and serve.

Nutrition:

calories 230

fat 7

fiber 10

carbs 24

protein 13

My Mussels Stew

Preparation time: 10 minutes **Cooking time:** 50 minutes

Servings: 4

Ingredients:

- 3 tablespoons tomato paste
- 16 ounces canned chickpeas, drained
- ½ cup dry white wine
- 1 teaspoon thyme, chopped
- A pinch of smoked paprika
- Salt and black pepper to the taste
- 1 bay leaf
- 2 pinches saffron
- 4 baguette slices, toasted
- 3 and ½ cups water
- 13 mussels, debearded
- 11 ounces halibut fillets, skinless and cut into chunks
- 1 yellow onion, chopped
- 2 tablespoons oil
- 1 fennel bulb, stalks removed, sliced and roughly chopped
- 1 carrot, thinly sliced crosswise
- 1 red bell pepper, chopped
- 2 garlic cloves, minced

Directions:

1. Heat up a pot with the oil over medium high heat, add fennel, onion, bell pepper and carrot, stir and cook for 5 minutes.
2. Add garlic and tomato paste, stir and cook for 1 minute.
3. Add wine, stir and cook for 2 minutes.
4. Add water, thyme, paprika, chickpeas, bay leaf and saffron, stir, bring to a boil, cover and boil for 25 minutes.
5. Add salt and pepper to the taste, halibut and mussels, cover and simmer for 6 minutes more.

6. Discard unopened mussels, ladle into bowls and serve with toasted bread on the side.

Nutrition:

calories 450

fat 12

fiber 13

carbs 47

protein 34

White Gazpacho

Preparation time: 10 minutes **Cooking time:** 6 minutes **Servings:** 4

Ingredients:

- ½ cup warm water
- 6 scallions, thinly sliced
- ¼ cup white wine vinegar
- 3 tablespoons olive oil
- Salt to the taste
- 1 teaspoon lemon juice
- ½ cup green grapes, cut in halves
- 3 bread slices
- ¼ cup almonds
- 4 teaspoons almonds
- 3 cucumbers, peeled and chopped
- 3 garlic cloves, minced

Directions:

1. Heat up a pan over medium high heat, add almonds, stir, toast for 5 minutes, transfer to a plate and leave aside.
2. Soak the bread in warm water for 2 minutes and transfer it to your blender.
3. Add cucumber but reserve some for serving, salt, oil, garlic, almost all the scallions, lemon juice, ¼ cup almonds and vinegar and pulse well.
4. Ladle soup into bowls, top with reserved cucumber, the rest of the scallions, the rest of the almonds and 2 tablespoons grapes.

Nutrition:

calories 200

fat 12

fiber 3

carbs 20

protein 6

Light Vegetable Stew

Preparation time: 10 minutes **Cooking time:** 30 minutes

Servings: 4

Ingredients:

- 14 ounces canned tomatoes, chopped
- 14 ounces canned chickpeas, drained
- 1 and ½ teaspoon honey
- 6 tablespoons orange juice
- 1 cup water
- Salt and black pepper to the taste
- ½ cup green olives, pitted
- 2 cups kale leaves, chopped
- 1 yellow onion, chopped
- 1 tablespoon extra-virgin olive oil
- 2 cups sweet potatoes, peeled and chopped
- 1 and ½ teaspoon cumin, ground
- 4-inch cinnamon stick

Directions:

1. Heat up a pot with the oil over medium high heat, add onion, stir and cook for 5 minutes.
2. Add cumin and cinnamon stick, stir and cook for 1 minute.
3. Add potatoes, tomatoes, chickpeas, olives, honey, orange juice and the water, stir, cover, reduce heat to medium-low and cook for 15 minutes.
4. Add kale, salt and pepper, stir, cover again and cook for 10 minutes more.
5. Divide into bowls and serve.

Nutrition:

calories 280

fat 6

fiber 9

carbs 53

protein 10

Chicken Soup

Preparation time: 10 minutes **Cooking time:** 30 minutes

Servings: 4

Ingredients:

- ¼ cup lemon juice
- 1 chicken breast, boneless, skinless and cut into thin strips
- ½ cup white rice
- 6 tablespoons mint, chopped
- ½ cup water
- Salt and black pepper to the taste
- 6 cups chicken stock

Directions:

1. Put the water in a pot, add salt, ½ cup stock, stir, bring to a boil over medium heat, add rice, stir, reduce temperature to low, cover and simmer for 20 minutes.
2. Take off heat and leave aside.
3. Put the rest of the stock in another pot, bring to a boil over medium heat, add chicken and cook for 5 minutes.
4. Add rice, salt and pepper to the taste, lemon juice and mint, stir, cook for 4 minutes more, divide into bowls and serve.

Nutrition:

calories 180

fat 2

fiber 1

carbs 21

protein 20

Eggplant Stew

Preparation time: 10 minutes **Cooking time:** 50 minutes

Servings: 4

Ingredients:

- 56 ounces canned tomatoes, chopped
- A handful black olives, pitted and chopped
- A pinch of allspice, ground
- A pinch of cinnamon, ground
- 1 teaspoon oregano, dried
- A drizzle of honey
- 1 tablespoon garbanzo bean flour mixed with 1 tablespoon water
- A drizzle of olive oil
- A pinch of red chili flakes
- 3 tablespoons Greek yogurt
- 3 eggplants, chopped
- Salt and black pepper to the taste
- 6 zucchinis, chopped
- 2 yellow onions, chopped
- 3 red bell peppers, chopped

Directions:

1. Heat up a pot with the oil over medium high heat, add bell peppers, onions, some salt and pepper, stir and sauté for 4 minutes.
2. Add eggplant and zucchini pieces, more salt and pepper, allspice, cinnamon, oregano, tomatoes and honey, stir, bring to a boil, cover, reduce heat to medium-low and cook for 45 minutes.
3. Add flour mix, olives and chili flakes, stir, cook for 1 minute, divide into bowls and serve with some Greek yogurt on top.

Nutrition:

calories 80

fat 2

fiber 4

carbs 12

protein 3

Spicy Escarole

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- ½ teaspoon red pepper, crushed
- 3 tablespoons olive oil
- ¼ cup panko
- 1 tablespoon oregano, chopped
- 4 escarole heads, leaves separated and roughly chopped
- 14 ounces canned tomatoes, chopped
- Salt and black pepper to the taste
- 2 garlic cloves, minced
- ¼ pound soppressata, chopped
- 2 tablespoons parmesan, grated

Directions:

1. Heat up a pan with 2 tablespoons oil over medium heat, add garlic, red pepper and soppressata, stir and cook for 2 minutes.
2. Add escarole, salt, pepper, tomatoes and oregano, stir, bring to a boil, reduce heat to low and cook for 15 minutes.
3. Take mix off heat and transfer to a bowl.
4. Heat up another pan with the rest of the oil over medium heat, add panko, stir and cook for 1 minute.
5. Take off heat, add parmesan, stir well and sprinkle over escarole.
6. Serve as a side dish right away.

Nutrition:

calories 60

fat 3.5

fiber 4

carbs 5

protein 3

Eggplant Side Dish With Olive Oil

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, minced
- Salt and black pepper to the taste
- 1 eggplant, diced
- 5 tablespoons olive oil
- 3 shallots, chopped
- A handful dill, chopped
- ½ cup Greek yogurt

Directions:

1. Heat up a pan with the oil over medium high heat, add shallots and garlic, stir and cook for 3 minutes.
2. Add eggplant, stir and cook for 10 minutes.
3. Add salt, pepper, dill and yogurt, stir well again, cook for 1 minute more, divide between plates and serve as a side dish.

Nutrition:

calories 254

fat 21

fiber 4

carbs 14

protein 5

Side Dish Artichokes

Preparation time: 10 minutes **Cooking time:** 12 minutes

Servings: 4

Ingredients:

- 2 tomatoes, chopped
- 9 ounces artichoke hearts, frozen
- 1 tablespoon extra-virgin olive oil
- 1 strip lemon zest
- A handful basil, chopped
- 3 tablespoons water
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- Salt and black pepper to the taste
- ½ cup white wine
- A few black olives, pitted and chopped

Directions:

1. Heat up a pan with the oil over medium high heat, add onion, garlic and some salt, stir and cook for 5 minutes.
2. Add wine, stir and cook for 3 minutes more.
3. Add tomatoes, artichokes, water, lemon zest, salt and pepper, stir and cook for 6 minutes.
4. Add olives and basil, stir again, cook for 1 minute, take off heat, divide between plates and serve.

Nutrition:

calories 145

fat 7.6

fiber 8

carbs 18

protein 5

Broccoli Side Dish

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- ¼ cup jarred cherry peppers, chopped
- 2 tablespoons liquid from the peppers
- Salt and black pepper to the taste
- 2 bunches broccoli rabe
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- Some parmesan, grated for serving

Directions:

1. Put broccoli in a pot, add water to cover, bring to a boil over medium heat, cook for 7 minutes, drain and put in a bowl.
2. Heat up a pan with the oil over medium high heat, add garlic and peppers, stir and cook for 2 minutes.
3. Add liquid from the jar, stir and cook for 2 minutes more.
4. Pour this over broccoli, add salt, pepper and parmesan, toss to coat, divide between plates and serve as a side dish.

Nutrition:

calories 177

fat 8

fiber 3

carbs 16

protein 13

Cauliflower Couscous

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- Salt and pepper to the taste
- A pinch of cinnamon, ground
- ¼ cup dates, chopped
- 1 and ½ cups couscous, already cooked
- 3 tablespoons olive oil
- 3 cups cauliflower florets
- 1 shallot, chopped
- A splash of red wine vinegar
- A handful parsley, chopped

Directions:

1. Put already cooked couscous in a bowl, add 1 tablespoon oil, toss to coat and leave aside for now.
2. Heat up a pan with the rest of the oil over medium high heat, add shallot, stir and cook for 2 minutes.
3. Add cauliflower florets, stir and cook for 4 minutes.
4. Add dates, cinnamon, salt and pepper, stir and cook for 2 minutes more.
5. Add couscous, vinegar, parsley, more salt and pepper if needed, cook for 1 minute, divide between plates and serve.

Nutrition:

calories 345

fat 11

fiber 5

carbs 55

protein 9

Lentils And Ruby Chard

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- ½ teaspoon coriander, chopped
- 1 tablespoon olive oil
- ½ cup dry white wine
- ½ teaspoon marjoram, dried
- 1 cup lentils, rinsed
- 2 teaspoons kalamata olives, pitted and chopped
- 8 ounces ruby chard, leaves torn
- ½ cup celery, chopped
- ½ cup carrot, chopped
- 2 tablespoons sun-dried tomatoes, chopped
- Salt and black pepper to the taste
- 2 and ½ cups water
- ½ cup onion, chopped
- ½ cup red bell pepper, chopped
- 1 teaspoon balsamic vinegar

Directions:

1. Heat up a pot with the oil over medium high heat, add celery, carrot, onion, coriander, bell pepper, marjoram, salt and pepper, stir and cook for 4 minutes.
2. Add wine, stir and cook for 3 minutes.
3. Add lentils and water, stir, bring to a boil, reduce heat and simmer for 40 minutes.
4. Add tomatoes, olives and chard, stir and cook for 5 minutes.
5. Add more salt and pepper to the taste and the vinegar, stir and cook for 2 minutes.
6. Transfer to plates and serve as a side dish.

Nutrition:

calories 180

fat 3.5

fiber 9

carbs 24

protein 10

Light Spicy Cauliflower

Preparation time: 10 minutes **Cooking time:** 30 minutes

Servings: 4

Ingredients:

- 1 tablespoon harissa paste
- Salt and black pepper to the taste
- A handful mint, chopped
- ½ cauliflower head, florets separated
- 12 small carrots
- 1 tablespoon olive oil
- 2 tablespoons almonds, toasted and chopped

Directions:

1. In a bowl, mix cauliflower florets with carrots, harissa, salt, pepper and oil and toss to coat.
2. Spread this on a lined baking sheet, introduce in the oven at 400 degrees F and bake for 30 minutes.
3. Take out of the oven, divide between plates, sprinkle mint and almonds on top and serve.

Nutrition:

calories 70

fat 4

fiber 2

carbs 6

protein 2

Roasted Carrots With Honey

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 4

Ingredients:

- 1/3 cup yogurt
- 1 garlic clove, minced
- A pinch of cumin, ground
- 3 tablespoons olive oil
- 16 slender carrots, peeled
- Salt and black pepper to the taste
- ½ teaspoon lemon zest, grated
- 2 tablespoons homemade dukkah
- 2 teaspoons honey

Directions:

1. In a bowl, mix carrots with salt and pepper.
2. Spread this on a lined baking sheet, cover, introduce in the oven at 425 degrees F and bake for 20 minutes.
3. In a bowl, mix yogurt with garlic, salt, pepper, cumin and lemon zest and stir well.
4. Take carrots out of the oven, drizzle honey over them, introduce in the oven again and roast for 25 minutes more.
5. Transfer carrots to a platter, drizzle yogurt mix, sprinkle dukkah and serve them as a side dish.

Nutrition:

calories 200

fat 12

fiber 5

carbs 20

protein 3

Roasted Potatoes

Preparation time: 10 minutes **Cooking time:** 50 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon zest, grated
- 6 red potatoes, cut into medium wedges
- Salt and black pepper to the taste
- 1 teaspoon oregano, dried

Directions:

1. In a bowl, mix potatoes with salt, pepper and oil, toss to coat and spread on a lined baking sheet.
2. Cover and introduce in the oven at 425 degrees F and bake for 20 minutes.
3. Take potatoes out of the oven, toss them a bit, introduce in the oven again and roast for 20 minutes more.
4. Take them out of the oven again, add lemon zest and oregano, introduce in the oven and cook for 10 minutes more.
5. Divide them between plates and serve.

Nutrition:

calories 190

fat 7

fiber 3

carbs 30

protein 3

Chorizo And Chickpeas

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 10 ounces baby squash, sliced
- 1 tablespoon sherry vinegar
- 15 ounces canned chickpeas, drained
- 3 ounces chorizo, cut in half lengthwise and thinly sliced
- 2 and ½ tablespoon extra-virgin olive oil
- ½ teaspoon smoked paprika
- Salt and black pepper to the taste

Directions:

1. Heat up a pan with 1 and ½ tablespoons oil over high heat, add chorizo, cook for 1 minute and transfer to a bowl.
2. Heat up the pan again, add paprika and squash, stir and cook for 3 minutes.
3. Add chickpeas, vinegar, salt, pepper and chorizo, stir and cook for 2 minutes.
4. Transfer to a platter, add the rest of the oil, toss to coat and serve as a side dish.

Nutrition:

calories 240

fat 12

fiber 6

carbs 21

protein 10

Bulgur With Mushrooms

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- 6 ounces mushrooms, chopped
- 1 teaspoon garlic, minced
- Salt and black pepper to the taste
- ½ cup parmesan, grated
- 1 cup bulgur
- 2 cups chicken stock
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons parsley, finely chopped
- ½ cup cashews, toasted and chopped

Directions:

1. Put the stock in a pot, bring to a boil over medium high heat, add bulgur, reduce temperature to medium-low, cover and simmer for 12 minutes.
2. Heat up a pan with the oil and butter over medium heat, add mushrooms, stir and cook for 4 minutes.
3. Add salt and pepper, stir and cook for 5 minutes more.
4. Add garlic, stir and cook for 1 minute.
5. Take bulgur off heat, uncover the pot, fluff a bit, add sautéed mushrooms, cashews, parmesan and parsley, stir, divide between plates and serve as a side dish.

Nutrition:

calories 330

fat 15

fiber 4

carbs 35

protein 11

Italian Jasmine Rice

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- Salt and black pepper to the taste
- ¼ cup pine nuts
- 3 tablespoons butter
- 1 cup jasmine rice
- 2 tablespoons chives, chopped
- 2 teaspoons lemon juice

Directions:

1. Cook rice according to package instructions, fluff with a fork and leave aside for now.
2. Heat up a pan with the butter over medium high heat, add pine nuts, stir and brown for 3 minutes.
3. Add chives, lemon juice, rice, salt and pepper, stir, cook for 2 minutes more, divide between plates and serve.

Nutrition:

calories 280

fat 14

fiber 1

carbs 34

protein 5

Green Beans

Preparation time: 10 minutes **Cooking time:** 6 minutes **Servings:** 4

Ingredients:

- 1 teaspoon lemon zest, grated
- 1 tablespoon lemon juice
- 2 tablespoons water
- 2 tablespoons mint leaves, chopped
- 2 tablespoons olive oil
- 1 and ½ pounds green beans
- Salt and black pepper to the taste
- 2 tablespoons tahini
- A pinch of red pepper flakes, crushed

Directions:

1. Put green beans in a steamer basket, place in a pot filled with 1 inch water, bring to a boil over high heat, add salt and pepper to beans, cover pot and cook for 5 minutes.
2. In a bowl, mix oil with lemon zest, lemon juice, tahini, salt, pepper and water and whisk well.
3. Transfer green beans to a bowl, add lemon and tahini mix over them, also add mint and pepper flakes, toss to coat, divide between plates and serve.

Nutrition:

calories 179

fat 11

fiber 5

carbs 14

protein 5

Snap Peas Side Dish

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- ¼ cup extra virgin olive oil
- ½ cup water
- 1 and ½ teaspoons garlic, minced
- 1 pound sugar snap peas
- ½ cup almonds, blanched
- 2 teaspoons lemon juice
- Salt and black pepper to the taste

Directions:

1. In your blender, mix almonds with lemon juice, olive oil, water and garlic, blend for 3 minutes, add salt and pepper to the taste, blend again and transfer to a bowl.
2. Heat up a pot with water over medium high heat, add salt and peas, cook for 1 minute, drain them and transfer to a bowl filled with ice water.
3. Drain peas again and divide them on serving plates. Drizzle almonds sauce over them and serve as a side dish.

Nutrition:

calories 240

fat 23

fiber 4

carbs 12

protein 7

Corn On The Cob With Olive Tapenade

Preparation time: 10 minutes **Cooking time:** 4 minutes **Servings:** 4

Ingredients:

- 1 teaspoon thyme, chopped
- Salt and black pepper to the taste
- 4 ears of corn
- 4 ounces green olives, pitted
- ½ teaspoon anchovy paste
- 2 tablespoons extra virgin olive oil

Directions:

1. In your blender, mix thyme with olives, anchovy paste, oil, salt and some black pepper and pulse well.
2. Shuck corn, place in a pot filled with boiling water, cover, take the pot off the heat and leave aside for 5 minutes.
3. Drain corn, arrange on plates, drizzle 2 tablespoons of olives tapenade over each piece and serve.

Nutrition:

calories 160

fat 10

fiber 4

carbs 20

protein 3

Quinoa Pilaf

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 6

Ingredients:

- 1 tablespoon garlic, minced
- 1 teaspoon lemon zest, grated
- 2 tablespoons lemon juice
- ½ cup sun-dried tomatoes, chopped
- Salt and black pepper to the taste
- 2 tablespoons olive oil
- ½ cup basil, chopped
- 4 cups chicken stock
- 2 cups red quinoa, rinsed and drained
- 1 yellow onion, chopped
- 2 tablespoons vegetable oil

Directions:

1. Heat up a pan over medium high heat, add quinoa, fry for 8 minutes stirring often and transfer to a plate.
2. Put the stock in a pot, bring to a boil over medium heat, add quinoa, stir, cover and cook for 15 minutes.
3. Heat up a pan with the vegetable oil over medium heat, add onion, stir and cook for 8 minutes.
Add garlic, stir, cook for 1 minute more and take off heat.
4. In a bowl, mix lemon zest with lemon juice, salt, pepper and olive oil and whisk well.
5. Add quinoa, tomatoes, onions mix, more salt and pepper if needed and basil, toss to coat and divide between plates.

Nutrition:

calories 260

fat 11

fiber 4

carbs 41

protein 10

Couscous With Corn And Cheese

Preparation time: 10 minutes **Cooking time:** 4 minutes **Servings:** 4

Ingredients:

- 2 cups corn kernels
- Salt and black pepper to the taste
- A pinch of cayenne pepper
- 1 cup couscous
- 2 cup hot water
- 2 tablespoons butter
- 1 teaspoon thyme, chopped
- 1 cup scallions, sliced
- 2 tablespoons blue cheese, crumbled

Directions:

1. Heat up a pot with the butter over medium heat, add thyme and cook for 10 seconds.
2. Add scallions, salt, pepper and corn, stir and cook for 1 minute.
3. Add couscous, hot water and cayenne, stir, take off heat, cover and leave aside for 5 minutes.
4. Uncover pot, fluff with a fork, add more salt and pepper to the taste and crumbled cheese, stir, divide between plates and serve as a side dish.

Nutrition:

calories 200

fat 8

fiber 5

carbs 32

protein 9

Sautéed Carrots

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 4

Ingredients:

- 1 tablespoon green olives, pitted and chopped
- 4 and ½ tablespoons olive oil
- 2 teaspoons capers, drained and chopped
- ½ teaspoon lemon zest, grated
- 1 tablespoon mint, chopped
- 1 tablespoon parsley, chopped
- 1 and ½ teaspoons sherry vinegar
- ¼ teaspoon cumin, ground
- 5 shallots, cut into wedges
- 2 turnips, trimmed and roughly chopped
- ¼ teaspoon sugar
- Salt and black pepper to the taste
- 1 and ¼ pounds carrots, chopped
- 2 ounces kale leaves, thinly sliced

Directions:

1. In a bowl, mix 1 and ½ tablespoons olive oil with olives, parsley, mint, capers, lemon zest, vinegar, cumin, sugar and some black pepper, whisk well and leave aside.
2. Heat up a pan with the rest of the oil over medium high heat, add turnips, carrots, salt and pepper, stir and cook for 10 minutes.
3. Add shallots, reduce heat to medium-low and cook for 20 minutes stirring every 2 minutes.
4. Add kale, parsley and mint sauce, more salt and pepper, stir take off heat and serve as a side dish.

Nutrition:

calories 104

fat 7

fiber 2.6

carbs 10

protein 2

Braised Fennel

Preparation time: 10 minutes **Cooking time:** 2 hours **Servings:** 4

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon water
- 3 lemon slices, cut in quarters
- Salt and black pepper to the taste
- 2 fennel bulb, cut in halves and sliced into medium wedges

Directions:

1. Place fennel wedges in a baking dish, sprinkle with salt and pepper, drizzle the oil, add lemon pieces and the water, toss to coat, cover with tin foil, introduce in the oven at 375 degrees F and bake for 1 hour and 40 minutes.
2. Take the dish out of the oven, uncover, introduce in the oven again and bake for 20 minutes more.
3. Serve as a side dish at room temperature.

Nutrition:

calories 190,

fat 11

fiber 9

carbs 22

protein 4

Braised Leeks And Thyme

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- 1 tablespoon water
- Salt and black pepper to the taste
- 2 pounds leeks, white and green parts separated and halved
- 1 tablespoon dry white wine
- 12 thyme springs
- ¼ cup olive oil

Directions:

1. Arrange leeks in a baking dish and add thyme springs on top.
2. In a bowl, mix oil with wine, water, salt and pepper and whisk well.
3. Pour this over leeks and thyme, toss to coat, cover the dish with tin foil, introduce in the oven at 375 degrees F and bake for 45 minutes.
4. Uncover the dish, bake leeks for 15 minutes more, discard thyme, divide between plates and serve as a side dish.

Nutrition:

calories 180

fat 13

fiber 2

carbs 14

protein 1

Italian DIET

MEAT RECIPES

Baked Chicken

Thighs

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 4

Ingredients:

- Salt and black pepper to the taste
- 1 tablespoon lemon juice
- 1 and ½ pounds chicken thighs, boneless and skinless
- 2 tablespoons harissa paste
- ½ cup Greek yogurt
- 1 tablespoon mint, finely chopped

Directions:

1. Put chicken thighs in a lined baking dish, add salt and pepper to the taste and leave aside for now.
2. Meanwhile, in a bowl, mix lemon juice with yogurt, salt and pepper and stir.
3. Add harissa, stir again and spread over chicken pieces.
4. Introduce chicken thighs in the oven at 165 degrees F and bake for 20 minutes.
5. Transfer dish to your preheated broiler and broil for 5 minutes.
6. Divide chicken on plates, sprinkle mint on top and serve.

Nutrition:

calories 250

fat 12

fiber 0

carbs 2

protein 31

Grilled Chicken Vinaigrette

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon shallot, chopped
- 1 tablespoon vinegar
- ½ teaspoon sugar
- 2 tablespoon vegetable oil
- 4 chicken breast halves, skinless and boneless
- Salt and black pepper to the taste
- ½ teaspoon mustard
- 6 tablespoons olive oil
- 2 tablespoons parsley chopped
- 2 tablespoons kalamata olives, pitted and chopped

Directions:

1. Place each chicken piece between 2 parchment paper pieces, brush meat with the vegetable oil, season with salt and pepper, place on preheated grill cook for 10 minutes turning once, transfer to a cutting board and leave aside for a few minutes.
2. In a bowl, mix shallot with vinegar, mustard, sugar, salt, pepper, olive oil, parsley and olives and whisk well.
3. Cut chicken in thin slices, arrange on a platter and serve with the vinaigrette on top.

Nutrition:

calories 400

fat 32

fiber 0

carbs 2

protein 24

Braised Rabbit

Preparation time: 10 minutes **Cooking time:** 1 hour and 30 minutes **Servings:** 4

Ingredients:

- 3 tablespoons olive oil
- 12 almonds, toasted
- 1 tablespoon parsley, chopped
- Crusty bread
- 1 yellow onion, chopped
- 3 tomatoes, seeded, peeled and grated
- ¼ cup dry white wine
- 3 carrots, chopped
- 1 thyme spring
- ½ rabbit lives
- 1 whole rabbit, cut into 12 pieces
- Salt and black pepper to the taste
- 3 garlic cloves, minced
- 1 cup chicken stock

Directions:

1. Heat up a pan with the oil over medium high heat, add rabbit pieces, salt and pepper to the taste, brown them for 10 minutes, transfer to a platter and keep warm.
2. Heat up the pan again over medium heat, add garlic, stir, cook for 1 minute, transfer to a bowl and leave aside as well.
3. Add onion to the pan, stir and cook for 3 minutes.
4. Add tomatoes, stir, reduce heat to low and cook for 15 minutes.
5. Return rabbit pieces to the pan, add wine, stir and cook for 1 minute.
6. Add stock, thyme and carrots, stir, increase heat, bring to a boil, reduce temperature to low again and cook for 45 minutes.
7. In a mortar and paste, mix liver with garlic, parsley,

- almonds and water and stir until you obtain a paste.
8. Add this over rabbit pieces, stir and cook everything for 10 minutes more.
 9. Divide into bowls and serve with crusty bread on the side.

Nutrition:

calories 500

fat 28

fiber 4

carbs 12

protein 56

Lamb Chops

Preparation time: 10 minutes **Cooking time:** 6 minutes **Servings:** 2

Ingredients:

- 6 lamb rib chops
- 1 teaspoon smoked paprika
- 6 mint leaves, chopped
- 1 red onion, thinly sliced
- Salt and black pepper to the taste
- 2 teaspoons brown sugar
- 1 tablespoons olive oil

Directions:

1. Put the onion in a bowl, add some cold water, leave aside for 5 minutes, drain and transfer to another bowl.
2. Add lamb chops to the bowl, season with salt, pepper, mint, paprika and oil.
3. Toss to coat and leave aside for 10 minutes.
4. Heat up your kitchen grill over medium high heat, place lamb ribs on it, grill them for 3 minutes on each side and transfer to a platter.
5. Serve with watermelon salad on the side.

Nutrition:

calories 460

fat 31

fiber 1

carbs 1

protein 34

Light Spicy Steaks With Tasty Sauce

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- 1 and ½ teaspoons garlic powder
- 1 tablespoon smoked paprika
- 1 red bell pepper, cut in halves
- 2 tomatoes, cut in halved
- 2 teaspoons chili powder
- 2 and ½ tablespoons olive oil
- Salt and black pepper to the taste
- 1 and ½ teaspoons onion powder
- 1 small red onion, cut into 6 wedges
- 4 beef steaks
- Hot sauce to the taste
- A pinch of cumin, ground
- 1/3 cup black olives, pitted and sliced
- 2 teaspoons sherry vinegar
- 1 tablespoon oregano, chopped

Directions:

1. In a bowl, mix chili powder with paprika, salt, pepper, garlic and onion powder.
2. In another bowl, mix bell pepper with onion, tomatoes, 1 tablespoon spice mixture you've just made and ½ tablespoons oil and toss to coat.
3. Mix steaks with the rest of the spice mix and toss to coat.
4. Heat up your kitchen grill over medium high heat, add pepper and onion, cook for 4 minutes on each side and transfer to a plate.
5. Add tomatoes, grill for 2 minutes and also transfer to the plate with the rest of the veggies.
6. Place steaks on the grill, cook for 4 minutes on each side and transfer to a platter.

7. In your blender, mix grilled veggies with cumin, the rest of the oil, vinegar, oregano, salt, pepper and hot sauce and blend until you obtain a sauce.
8. Serve steaks with this sauce on top and with chopped olives.

Nutrition:

calories 450

fat 23

fiber 2

carbs 8

protein 43

Sausage Kebabs

Preparation time: 1 hour **Cooking time:** 13 minutes **Servings:** 6

Ingredients:

- 1 garlic clove, minced
- 1 teaspoon oregano, dried
- 1 teaspoon mint, dried
- Salt and black pepper to the taste
- Vegetable oil

For the sauce:

- 2 tablespoons olive oil
- ¼ cup tahini sauce
- 1 yellow onion, chopped
- 1 pound ground pork
- 3 tablespoons parsley, chopped
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- Salt and cayenne pepper to the taste
- ¼ cup water
- 1 tablespoon lemon juice

Directions:

1. In a bowl, mix ground pork with onion, parsley, 1 garlic clove, 1 tablespoon lemon juice, mint, oregano, salt and pepper to the taste, stir well and divide into 6 portions.
2. Shape your kebabs by squeezing each portion on a skewer, cover and keep them in the fridge for 1 hour.
3. Heat up your kitchen grill over medium high heat, place kebabs on it, brush them with vegetable oil, cook them for 13 minutes, turning from time to time and transfer to plates.
4. In your food processor, mix tahini with olive oil, 1 tablespoon lemon juice, 1 garlic clove, water, salt and cayenne pepper and blend well.

5. Serve your kebabs with this sauce all over.

Nutrition:

calories 250

fat 23

fiber 1

carbs 4

protein 14

Lamb With Artichokes, Beans And Yogurt

Preparation time: 4 hours **Cooking time:** 35 minutes **Servings:** 8

Ingredients:

- 10 garlic cloves, crushed
- Juice of 1 lemon
- Salt and black pepper to the taste
- 2 rosemary springs
- *For the lamb:*
- 6 tablespoons olive oil
- 2 racks of lamb, boneless and trimmed
- Zest from 1 lemon
- ¼ teaspoon red pepper flakes, crushed
- *For the veggies:*
- 10 ounces shiitake mushrooms, sliced
- 2 tablespoons olive oil
- ½ cup chicken stock
- 1 tablespoon thyme, chopped
- 6 ounces jarred artichokes, drained
- 1 cup fava beans
- 6 tablespoons vermouth
- 2 teaspoons lemon zest, grated
- Salt to the taste
- 2 cups Greek yogurts for serving
- 1 tablespoon butter
- A pinch of cayenne pepper
- 1 jar hot peppers in oil

Directions:

1. Put the lamb in a heatproof dish.
2. Add 6 tablespoon oil, lemon zest and juice, 10 garlic cloves, rosemary sprigs, salt, pepper and red pepper flakes, toss to coat, cover and keep in the fridge for 4 hours.
3. Take the lamb out of the fridge, discard lemon zest, rosemary and garlic, transfer meat to a pan heated over medium high heat, sear for 2 minutes on each side, return to baking dish, introduce in the oven at 400

degrees F and bake for 20 minutes.

4. Take the lamb out of the oven, place on a cutting board, cool down, cut into separated chops and keep warm.
5. Heat up a pan with 2 tablespoons oil over medium high heat, add artichokes, mushrooms, salt and pepper, stir and cook for 2 minutes.
6. Add vermouth, stock, fava beans, stir and cook for 3 minutes.
7. Reduce heat to medium-low, add butter, salt, cayenne pepper and 2 teaspoons lemon zest, stir and cook for 1 minute.
8. In a bowl, whisk yogurt well and leave it aside for 10 minutes.
9. Divide yogurt on serving plates and spread.
10. Top yogurt with jarred peppers, add $\frac{1}{4}$ cup veggie mix on each plate on top of yogurt and peppers, place 2 lamb chops on each plate and serve.

Nutrition:

calories 500

fat 23

fiber 3

carbs 23

protein 41

Grilled Lamb and Black Olives Puree

Preparation time: 1 hour **Cooking time:** 15 minutes **Servings:** 8

Ingredients:

- Salt and black pepper to the taste
- ½ cup mixed parsley with thyme and rosemary, finely chopped
- Salt and black pepper to the taste
- 4 and ½ pounds butterflied lamb leg
- 1 cup black olives, pitted
- ½ cup olive oil
- 4 garlic cloves, minced
- Juice of ½ lemon

Directions:

1. Mash olives with a fork until you obtain a paste, add 1 tablespoon mixed herbs, half of the olive oil, some salt and pepper and stir very well.
2. In a bowl, mix the rest of the oil with the rest of the herbs mix and garlic and stir well.
3. Rub lamb with this mix, cover and leave aside for 1 hour.
4. Place lamb on heated grill over medium high heat, add salt and pepper to the taste, cook for 18 minutes flipping once and transfer to a cutting board.
5. Add lemon juice over the meat, leave aside for 10 minutes, slice and arrange on a platter.
6. Serve with olive puree on top.

Nutrition:

calories 450

fat 23

fiber 1

carbs 3

protein 44

Lamb Meatballs

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- 1 tablespoon ras el hanout
- 2 garlic cloves, minced
- 1 pound lamb shoulder, ground
- 1 tablespoon pine nuts
- ½ cup olive oil
- Salt and black pepper to the taste
- 2 cups Greek yogurt
- ¼ cup parsley, finely chopped

Directions:

1. Heat up a pan over medium heat, add pine nuts, toast for 4 minutes, transfer to a plate, cool them down and chop them.
2. In a bowl, mix lamb with pine nuts, salt, pepper, ras el hanout and garlic and stir well.
3. Shape 8 meatballs, place them on a lined baking sheet, introduce in the oven at 425 degrees F and bake for 17 minutes.
4. Take meatballs out of the oven and leave them aside to cool down for 5 minutes.
5. Meanwhile, in a bowl, mix yogurt with salt, pepper, oil and parsley and whisk well.
6. Serve your meatballs with the yogurt sauce.

Nutrition:

calories 96

fat 6

fiber 1

carbs 5

protein 6

Pork Sandwiches

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- ¼ teaspoon allspice
- 1 tablespoon olive oil
- 4 sandwich rolls, toasted and cut in half
- 1/3 cup homemade mayonnaise
- 1 pork tenderloin, cut in half crosswise
- Salt and black pepper to the taste
- 3 tablespoons fennel seeds, crushed
- ½ cup cucumber, sliced
- ½ cup dill, chopped

Directions:

1. In a bowl, mix half of the fennel seeds with half of the allspice, salt and pepper.
2. Add oil, whisk and rub pork with this mix.
3. Place pork on preheated grill over medium high heat, cook for 20 minutes, turning a few times, transfer to a cutting board and leave aside for a few minutes.
4. In a bowl, mix mayo with the rest of the fennel seeds, allspice, salt and pepper.
5. Spread this on sandwich rolls, add pork after you've sliced it, add cucumber slices and dill and serve.

Nutrition:

calories 430

fat 21

fiber 2

carbs 23

protein 32

Turkey Cutlets

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 4

Ingredients:

- Salt and black pepper to the taste
- A pinch of paprika
- A pinch of cayenne pepper
- 2 eggs
- 4 turkey breast cutlets
- ¼ cup parsley, chopped
- 4 ounces feta cheese, crumbled
- ¼ cup red onion, chopped
- 1 and ½ cups couscous
- ½ cup vegetable oil
- 1 cup breadcrumbs
- 2 cups chicken stock
- 1 tablespoons sesame seeds
- ½ cup white flour
- 4 lemon wedges

Directions:

1. Heat up a pan with 2 tablespoon oil over medium high heat, add couscous, stir and cook for 7 minutes.
2. Add stock, bring to a boil, reduce heat to medium-low, simmer for 10 minutes, take off heat and keep warm.
3. In a bowl, mix breadcrumbs with sesame seeds, cayenne, paprika, salt and pepper.
4. Whisk eggs well in another bowl and put the flour in a third one.
5. Dredge turkey cutlets in flour, eggs and breadcrumbs and arrange them on the plate.
6. Heat up a pan with the rest of the oil over medium high heat, add cutlets, cook for 3 minutes flipping once and transfer them to paper towels in order to drain excess grease.
7. Mix couscous with parsley onion, salt, pepper and feta

cheese and stir.

8. Divide turkey cutlets on plates, add couscous on the side and serve with lemon wedges.

Nutrition:

calories 760

fat 20

fiber 4

carbs 34

protein 40

Long Cooked Chicken

Preparation time: 10 minutes **Cooking time:** 6 hours and 15 minutes
Servings: 4

Ingredients:

- 30 apricots, dried
- ¼ cup white flour
- ¼ teaspoon cinnamon, ground
- A pinch of ginger, ground
- 1 pound carrots, roughly chopped
- Zest from 1 lemon
- ¼ teaspoon coriander, ground
- A pinch of cardamom, ground
- Salt and black pepper to the taste
- A pinch of cayenne pepper
- 8 chicken thighs, bone-in and skinless
- ¼ cup cilantro, chopped
- ¼ cup pine nuts, toasted
- 1 tablespoon butter
- 1 and ½ tablespoons garlic, minced
- ¼ cup lemon juice
- 2 tablespoons vegetable oil
- 2 and ¼ cups yellow onion, chopped
- 2 tablespoons tomato paste
- 1 cup apricot juice
- ½ cup chicken stock

Directions:

1. Put lemon peel, apricots and carrots in your slow cooker.
2. In a bowl, mix flour with salt, pepper, cayenne pepper, cinnamon, coriander, ginger and cardamom.
3. Add chicken pieces and toss to coat well.
4. Heat up a pan with the oil and the butter over medium high heat, add chicken pieces and brown them for 11 minutes.
5. Transfer them to your slow cooker as well.

6. Add garlic and onion to heated pan, stir and cook for 3 minutes.
7. Add tomato paste, stock, nectar and lemon juice, stir, bring to a boil, simmer for 2 minutes and pour into your slow cooker.
8. Cook everything for 6 hours, transfer to plates, garnish with nuts and cilantro on top.

Nutrition:

calories 340

fat 3

fiber 4

carbs 12

protein 20

Great Meatloaf

Preparation time: 10 minutes **Cooking time:** 1 hour and 20 minutes **Servings:** 8

Ingredients:

- 4 ounces white bread, chopped
- 2 pounds lamb, ground
- 1 cup milk
- ¼ cup feta cheese, crumbled
- 2 eggs
- 1/3 cup kalamata olives, pitted and chopped
- 4 tablespoons oregano, chopped
- Salt and black pepper to the taste
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- 2 teaspoons lemon zest, grated
- 1 yellow onion, chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ¾ cup red wine

Directions:

1. Heat up a pan with 2 tablespoons oil over medium heat, add garlic and onion, stir and cook for 8 minutes.
2. Add wine, stir, simmer for 5 minutes and transfer everything to a bowl.
3. Put bread pieces in a bowl, add milk, leave aside for 10 minutes, squeeze bread a bit, chop and add it to onions mix.
4. Add lamb, eggs, cheese, olives, lemon, zest, oregano, Worcestershire sauce, salt and pepper to onions mix and stir very well.
5. Transfer meatloaf mix to a baking dish, spread honey all over, introduce in the oven at 375 degrees F and bake for 50 minutes.
6. Take meatloaf out of the oven, leave aside for 5 minutes, slice and arrange on a platter.

Nutrition:

calories 350

fat 23

fiber 1

carbs 17

protein 24

Simple Braised Beef

Preparation time: 30 minutes **Cooking time:** 3 hours and 30 minutes
Servings: 6

Ingredients:

For the ribs:

- 3 tablespoons olive oil
- 1 carrot, chopped
- 1 yellow onion, chopped
- 1 celery stalk, chopped
- 1 and ½ cups ruby port
- 2 bay leaves
- 6 beef short ribs
- 1 tablespoon thyme, chopped
- Salt and black pepper to the taste
- 2 and ½ cups red wine
- 2 tablespoons balsamic vinegar
- 6 cups beef stock
- 4 parsley springs

For the salsa:

- 1 cup parsley, chopped
- 1 teaspoons marjoram, chopped
- ¼ cup mint, chopped
- 1 garlic clove, minced
- 1 tablespoons capers, drained
- 1 anchovy
- ¾ cup olive oil
- Salt and black pepper to the taste
- ½ cup feta cheese, crumbled

Directions:

1. In a bowl, mix thyme with salt and pepper, add short

- ribs, toss to coat and leave aside for 30 minutes.
2. Heat up a pot with the oil over high heat, add short ribs, sear for 3 minutes on each side and transfer them to a bowl.
 3. Heat up the pan again over medium heat, add celery, onion, carrot and bay leaves, stir and cook for 8 minutes.
Add port, vinegar and wine, stir, bring to a boil and simmer for about 10 minutes.
 4. Add stock, return short ribs, parsley, salt and pepper, cover and bake in the oven at 325 degrees F for 3 hours.
 5. Take ribs out of the oven and leave aside for 30 minutes.
 6. In your food processor, mix 1 cup parsley with marjoram, mint, 1 garlic clove, capers, anchovy, $\frac{3}{4}$ cup olive oil, feta cheese, salt and pepper and pulse well.
 7. Divide short ribs into bowls, add some of the cooking liquid and tops with the salsa you've just made!

Nutrition:

calories 450

fat 45

fiber 2

carbs 18

protein 43

New Style Spareribs

Preparation time: 10 minutes **Cooking time:** 1 hour and 30 minutes **Servings:** 4

Ingredients:

For the ribs:

- 2 teaspoons smoked paprika
- 2 pork spareribs
- 2 teaspoons oregano, dried
- Salt and black pepper to the taste
- 2 teaspoons sugar

For the sauce:

- ¼ cup olive oil
- 4 garlic cloves, minced
- 6 tablespoons sherry vinegar
- 1 tablespoon oregano, dried
- Salt and black pepper to the taste

Directions:

1. In a bowl, mix salt with pepper, paprika, sugar, oregano and ribs.
2. Heat up your grill over medium high heat, add spareribs, cover your grill and cook for 1 hour and 30 minutes flipping from time to time.
3. Meanwhile, in a bowl, mix vinegar with garlic, oil, 1 tablespoon oregano, salt and pepper and whisk well.
4. Transfer spareribs on a platter, leave aside for 5 minutes, drizzle the sauce you've just made all over them and serve.

Nutrition:

calories 450

fat 34

fiber 1

carbs 2

protein 35

Tunisian-Style Ribs

Preparation time: 10 minutes **Cooking time:** 3 hours **Servings:** 6

Ingredients:

- 1 cup carrots, chopped
- 1 cup figs, dried and chopped
- 1 tablespoon ginger, grated
- 3-star anise
- 1 tablespoon garlic, minced
- 2 cinnamon sticks
- 1 cup canned tomatoes, crushed
- 1 cup red wine
- 3 tablespoons vegetable oil
- 12 beef short ribs
- Salt and black pepper to the taste
- 1 cup onions, chopped
- 1 cup chicken stock
- ¼ cup soy sauce
- 2 tablespoons mint, chopped
- 2 tablespoons parsley, chopped

Directions:

1. Heat up a pot with 2 tablespoons oil over medium high heat, add short ribs, season with salt and pepper to the taste, cook for 4 minutes on each side and transfer to a plate.
2. Add the rest of the oil to your pot and heat up over medium high heat.
3. Add onions and carrots, salt and pepper, stir and cook for 8 minutes.
4. Add figs, ginger, garlic, cinnamon sticks, star anise, stir and cook for 1 minute.
5. Add ½ cup wine, stir and cook for 1 minute.
6. Return ribs to the pot, add tomatoes, soy sauce, the rest of the wine and stock, stir, bring to a simmer, cover and introduce in the oven at 325 degrees F.
7. Bake for 2 hours and 50 minutes, stirring gently every

40 minutes.

8. Add salt, pepper, parsley and mint, stir, divide into plates and serve.

Nutrition:

calories 300

fat 23

fiber 4

carbs 23

protein 35

Italian Chicken

Preparation time: 10 minutes **Cooking time:** 1 hour and 20 minutes **Servings:** 4

Ingredients:

- A pinch of cinnamon, ground
- 1 cup walnuts, chopped
- 1 and ½ teaspoons thyme, dried
- 1 cup pomegranate juice
- 6 teaspoons canola oil
- 2 sweet potatoes, chopped
- ¾ cup chicken stock
- 8 chicken pieces, trimmed
- Salt and black pepper to the taste
- Zest and juice from 1 orange
- 2 parsnips, chopped
- 1 red onion, cut into medium wedges

Directions:

1. Heat up a pan with the pomegranate juice and the orange juice, bring to a boil over medium heat and simmer for 15 minutes.
2. Add ½ teaspoon thyme, cinnamon, salt and pepper and whisk well.
3. Divide this into 2 bowls.
4. Add 2 teaspoons oil to one bowl and chicken stock, salt and orange zest to the other one.
5. Spread parsnips, onion wedges and potato pieces in a baking dish, add the rest of the thyme and the oil and toss to coat.
6. Place chicken pieces on top, toss to coat everything, introduce in the oven at 400 degrees F and bake for 30 minutes.
7. Take chicken out of the oven, pour the stock mix over it, add walnuts, introduce in the oven at 375 degrees F and bake for 30 minutes more.

8. Take the chicken dish out of the oven, transfer it along with the veggies and walnuts on a platter and season with some more salt and pepper.
9. Pour cooking liquid into a pan, heat up over medium heat, add pomegranate and oil mix from the remaining bowl, simmer for a few minutes and drizzle over chicken and veggies.

Nutrition:

calories 546

fat 23

fiber 5

carbs 34

protein 44

Sautéed Chorizo

Preparation time: 10 minutes **Cooking time:** 13 minutes

Servings: 4

Ingredients:

- 1/3 cup dry red wine
- 1 and 1.2 cups soft chorizo, sliced
- 3 tablespoons olive oil
- White bread, cubed

Directions:

1. Heat up a pan with the olive oil over medium high heat, add chorizo, stir and cook for 4 minutes.
2. Stir again and cook for 5 minutes more.
3. Add wine, stir and simmer for 3 minutes.
4. Pour this into bowls and serve with cubed bread on top.

Nutrition:

calories 340,

fat 23

fiber 0

carbs 2

protein 21

Pot Roast

Preparation time: 10 minutes **Cooking time:** 3 hours **Servings:** 6

Ingredients:

- 2 cups beef stock
- 1 and ½ cups red wine
- 2 teaspoons herbs de provender
- 1 red onion, cut into wedges
- 2/3 cup black olives, pitted
- 12 baby carrots
- 1 cup cherry tomatoes
- 1 zucchini, chopped
- 2 and ½ pounds shoulder roast, boneless
- 1 tablespoon olive oil
- Salt and black pepper to the taste
- 4 shallots, chopped

Directions:

1. Heat up a pot with the oil over medium high heat; add roast, salt and pepper, brown for 10 minutes and transfer to a plate.
2. Add shallots to the pot, stir and sauté for 4 minutes.
3. Add wine, stir and simmer until it reduces.
4. Add herbs, stock and return roast, stir, cover, reduce heat to medium-low and cook for 2 hours and 30 minutes, turning roast from time to time.
5. Take roast out of the pot, transfer to a platter, cover and keep warm.
6. Add carrots, onion and olives to the pot, cover and cook for 10 minutes.
7. Add tomatoes and zucchini, cook for 10 minutes and transfer all veggies next to the roast.
8. Bring cooking liquid to a boil, cook for 5 minutes, add more salt and pepper and take off heat.
9. Slice roast and divide between plates and drizzle the sauce on top.

Nutrition:

calories 432

fat 12

fiber 2

carbs 13

protein 42

Grilled Pork Chops

Preparation time: 30 minutes **Cooking time:** 7 minutes **Servings:** 4

Ingredients:

- ¼ cup red wine vinegar
- 1 teaspoon oregano, dried
- 1 tablespoon garlic, minced
- ¼ cup sweet paprika
- 8 pork loin chops
- Salt and black pepper to the taste
- 1 tablespoon olive oil

Directions:

1. In a bowl mix paprika with oregano, garlic, salt, pepper, olive oil and vinegar and whisk well.
2. Spread this over pork chops, rub well and leave aside for 30 minutes.
3. Heat up your kitchen grill over medium high heat, place pork chops on it, cook for 3 minutes on each side, transfer them to a platter and leave aside for 5 minutes.
4. Serve right away with your favorite side salad.

Nutrition:

calories 430

fat 23

fiber 2

carbs 4

protein 45

Linguine With Shrimp

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- A pinch of red pepper flakes, crushed
- 1 cup green olives, pitted and chopped
- 3 tablespoons lemon juice
- 1 teaspoon lemon zest, grated
- ¼ cup parsley, chopped
- 3 tablespoons extra virgin olive oil
- 12 ounces linguine
- 1 tablespoon garlic, minced
- 30 big shrimp, peeled and deveined

Directions:

1. Put some water in a pot, add water, bring to a boil over medium high heat, add linguine, cook according to instructions, take off heat, drain and put in a bowl and reserve ½ cup cooking liquid.
2. Heat up a pan with 2 tablespoons oil over medium high heat, add shrimp, stir and cook for 3 minutes.
3. Add pepper flakes and garlic, stir and cook 10 seconds more.
4. Add the rest of the oil, lemon zest and juice and stir well.
5. Add pasta and olives, reserved cooking liquid and parsley, stir, cook for 2 minutes more, take off heat, divide between plates and serve.

Nutrition:

calories 500

fat 20

fiber 5

carbs 45

protein 34

Steamed Mussels

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1/3 cup parsley, finely chopped
- 1 tablespoon parsley, finely chopped
- 1 garlic clove, minced
- 1 sweet onion, chopped
- 4-pound mussels, scrubbed and debearded
- 1 cup white wine
- 1 tablespoon white wine vinegar
- 1 potato, chopped
- 5 ounces chorizo, chopped
- Salt and black pepper to the taste

Directions:

1. Put the potato in a pot, add some water to cover, vinegar and salt, bring to a boil over high heat, cook for 4 minutes, drain and transfer to a plate.
2. Heat up a pot with the oil over medium high heat, add potato and chorizo and cook for 7 minutes.
3. Stir and cook for 5 minutes more.
4. Add ¼ cup parsley, salt and pepper, stir and transfer to a plate.
5. Add onion to the pot, stir and cook for 3 minutes.
6. Add mussels and wine, stir, cover and cook for 5 minutes.
7. Discard unopened mussels, add chorizo and potato mix and the rest of the parsley, stir gently, divide into bowls and serve.

Nutrition:

calories 345

fat 5

fiber 2

carbs 23

protein 27

Seafood Dish

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 4

Ingredients:

- ¼ cup water
- ¼ cup flour
- 3 tablespoons olive oil
- 1 and ½ pounds monkfish, skinless, boneless and cut in thin fillets
- Salt and black pepper to the taste
- 35 shrimp, unpeeled
- 1 onion, chopped
- 4 garlic cloves, minced
- 4 tomatoes, grated
- 1 baguette slice, toasted
- 30 hazelnuts, skinned
- 2 tablespoons parsley, chopped
- 1 cup fish stock
- 12 clams, scrubbed and cleaned
- 3 dried chilies, soaked in hot water for 30 minutes, drained and chopped
- 1 lobster, tail separated and cut in half lengthwise
- ¼ teaspoon smoked paprika
- Lemon wedges for serving
- Crusty bread slices for serving

Directions:

1. Put the water in a pot, bring to a boil over high heat, add clams, cover, cook for 4 minutes, take off heat, discard unopened ones and keep warm for now.
2. Heat up a pot with the oil over medium high heat.
3. Put flour on a plate and mix with salt and pepper.
4. Dredge fish in flour, place in the pan, cook for 3 minutes on each side and transfer to a plate.
5. Add shrimp to the pan, cook for 2 minutes on each side and also transfer to a plate.
6. Reduce heat to medium-low, add garlic to the pan, stir,

- cook for 1 minute and also transfer to a plate.
7. Add onion, stir and sauté them for 3 minutes.
 8. Add tomatoes, stir and cook on a low heat for 15 minutes.
 9. In your blender, mix sautéed garlic with baguette slice, nuts, parsley and 2 tablespoons liquid from the clams and pulse well.
 10. Add chili peppers and stir well.
 11. Add this to the pan with the tomatoes and stir.
 12. Add fish, lobster, shrimp, clams and stock, stir, bring to a boil and cook for 2 minutes.
 13. Add salt and pepper to the taste, divide into bowls and serve with lemon wedges and crusty bread on the side.

Nutrition:

calories 344

fat 14

fiber 4

carbs 14

protein 23

Easy Cook Oysters

Preparation time: 10 minutes **Cooking time:** 6 minutes **Servings:** 4

Ingredients:

- 1 tablespoon olive oil
- Salt and black pepper to the taste
- 1 pound chorizo sausage, chopped
- 1 pound fennel bulbs, thinly sliced lengthwise
- 24 oysters, shucked
- 2 tablespoons shallots, finely chopped
- ½ cup sherry vinegar
- A pinch of saffron threads
- ½ cup olive oil

Directions:

1. In a bowl, mix shallots with vinegar, saffron, salt, pepper and ½ cup olive oil and stir well.
2. Heat up a pan with the rest of the oil over medium high heat, add sausage, cook for 4 minutes, transfer to a paper towel, drain grease and put on a plate.
3. Add fennel on top, spoon vinaigrette into each oyster and place them on the platter as well, drizzle the rest of the vinaigrette on top and serve.

Nutrition:

calories 113

fat 1

fiber 3

carbs 10

protein 7

Shrimp King With Honeydew And Feta

Preparation time: 10 minutes **Cooking time:** 4 minutes **Servings:** 4

Ingredients:

- 1 teaspoon lime zest
- 4 teaspoons lime juice
- ½ pound frisee, torn into small pieces
- 1 honeydew melon, peeled, seeded and chopped
- ¼ cup mint, chopped
- 8 ounces feta cheese, crumbled
- 1 tablespoon coriander seeds
- 30 big shrimp, peeled and deveined
- Salt and black pepper to the taste
- A pinch of cayenne pepper
- ¼ cup olive oil
- 2 tablespoons shallots, chopped

Directions:

1. Heat up a pan with 2 tablespoons oil over medium high heat, add shrimp, cook for 1 minute and flip.
2. Add lime zest, 1 teaspoon lime juice, shallots and some salt, stir, cook for 1 minute and take off heat.
3. In a bowl, mix the rest of the oil with the rest of the lime juice, salt and pepper to the taste.
4. Add honeydew and frisee, stir and divide into plates.
5. Add shrimp, coriander seeds, mint and feta on top and serve.

Nutrition:

calories 245

fat 23

fiber 3

carbs 23

protein 45

Mixed Shellfish Dish

Preparation time: 10 minutes **Cooking time:** 22 minutes

Servings: 4

Ingredients:

- 1 cup fish stock
- 1 tablespoon amontillado sherry
- 16 clams, scrubbed
- 16 mussels, scrubbed
- 1 cup shrimp, peeled and deveined
- ¼ cup parsley, chopped
- A pinch of red pepper flakes, crushed
- 2 teaspoons lemon zest, grated
- ½ teaspoon rosemary, chopped
- Salt and black pepper to the taste
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 12 cherry tomatoes
- 2 tablespoons butter
- ½ cup fennel, sliced
- 1 cup escarole leaves, sliced
- 3 garlic cloves, minced

Directions:

1. Heat up a pan with the butter for 3 minutes over medium high heat, transfer to a bowl and leave aside.
2. Heat up another pan with the oil over medium high heat, add tomatoes, stir and cook for 3 minutes.
3. Add garlic and fennel, stir and cook for 2 minutes.
4. Add escarole, stir and cook for 1 minute.
5. Add sherry, stir, increase heat and cook for 1 minute.
6. Add fish stock, stir and simmer for 4 minutes.
7. Add clams, stir, cover and cook for 2 minutes.
8. Add mussels, stir and cook for 2 minutes more.
9. Add shrimp, stir and cook for 1 minute.
10. Transfer clams, mussels and shrimp to a bowl, cover and keep warm.
11. Add pepper flakes and kale to the pan with the stock, stir

and cook for 1 minute.

12. Take off heat, add melted butter, parsley, rosemary, lemon juice, lemon zest, salt and pepper and stir well.
13. Divide shellfish and shrimp on plates, add veggies and stock mix on top and serve.

Nutrition:

calories 250

fat 5

fiber 2

carbs 10, protein 27

Classic Paella Simple

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 4

Ingredients:

- 10 ounces risotto rice
- 12 ounces mixed shrimp and sea scallops, cooked and frozen
- 14 ounces canned tomatoes, chopped
- 1-quart chicken stock
- Juice of ½ lemon
- ½ lemon cut into wedges
- A handful parsley, chopped
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 1 teaspoon smoked paprika
- 1 teaspoon thyme, dried
- 3 tablespoons sherry
- 1 tablespoon extra-virgin olive oil

Directions:

1. Heat up a pan with the oil over medium high heat, add onion, stir and cook for 5 minutes.
2. Add thyme, rice and paprika, stir and cook for 1 minute.
3. Add sherry, stir and cook for 1 minute more.
4. Add tomatoes and stock and cook for 15 minutes stirring from time to time.
5. Add salt and pepper to the taste, seafood mix and lemon juice, stir and cook for 5 minutes more.
6. Sprinkle parsley, stir, divide into bowls and serve with lemon wedges on the side.

Nutrition:

calories 430

fat 4

fiber 2

carbs 33

protein 25

Hot and Spicy Seared Mussels

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- 2 tablespoons mint, chopped
- 2 tablespoons cilantro, chopped
- 1 teaspoon cumin, ground
- 1 teaspoon paprika
- ½ teaspoon ginger, ground
- ¼ teaspoon cinnamon, ground
- 1 teaspoon turmeric, ground
- ½ cup water
- 1 and ½ pounds sea scallops
- 1 and ½ cups green grapes, cut in quarters
- Zest from 1 lemon, chopped
- Juice of 1 lemon
- Salt and black pepper to the taste
- 2 scallions, chopped
- ¼ cup olive oil

Directions:

1. Heat up a pan with the water, some salt and the lemon zest over medium high heat and simmer for 10 minutes.
2. Drain lemon zest and transfer to a bowl.
3. Mix with grapes, 2 tablespoons oil, cilantro, mint and scallions and stir well.
4. In another bowl, mix cumin with turmeric, paprika, cinnamon and ginger and stir.
5. Season scallops with salt and pepper, coat with the spice mix and place them on a plate.
6. Heat up a pan with the rest of the oil over medium high heat, add scallops, cook for 2 minutes on each side and transfer to a plate.
7. Divide scallops on 4 plates, pour lemon juice over them and serve with grapes relish.

Nutrition:

calories 320

fat 12

fiber 2

carbs 18

protein 28

Shrimp Dish

Preparation time: 10 minutes **Cooking time:** 3 minutes **Servings:** 4

Ingredients:

- ¼ teaspoon sweet paprika
- A pinch of red pepper flakes, crushed
- ¼ teaspoon lemon zest, grated
- 3 tablespoons sherry
- 1 and ½ tablespoons chives, sliced
- Juice of 1 lemon
- 40 big shrimp, peeled and deveined
- 6 garlic cloves, minced
- Salt and black pepper to the taste
- 3 tablespoons olive oil

Directions:

1. Heat up a pan with the oil over medium high heat, add shrimp, season with salt and pepper and cook for 1 minute.
2. Add paprika, garlic and pepper flakes, stir and cook for 1 minute.
3. Add sherry, stir and cook for 1 minute more.
4. Take shrimp off heat, add chives and lemon zest, stir and transfer shrimp to plates.
5. Add lemon juice all over and serve.

Nutrition:

calories 140

fat 1

fiber 0

carbs 1

protein 18

Baked Orzo With Shrimp

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 6

Ingredients:

- 1 garlic clove, minced
- 5 ounces baby spinach
- 2 teaspoons thyme, chopped
- $\frac{3}{4}$ cup panko
- 6 ounces feta cheese, crumbled
- Zest from 1 lemon, grated
- 1 pound shrimp, peeled and deveined
- 1 pound orzo
- 5 tablespoons olive oil
- Salt and black pepper to the taste

Directions:

1. Heat up a pan with 2 tablespoons oil over medium high heat, add shrimp, season with salt and pepper, stir and cook for 3 minutes.
2. Add garlic, stir and cook for 30 seconds.
3. Add spinach, stir again, cook for 1 minute more and take off heat.
4. Put water in a pot, add salt, bring to a boil over medium high heat, add orzo, stir, cook according to package instructions, drain and add over shrimp mix.
5. Also add cheese, 2 tablespoons oil, half of the thyme and lemon juice, stir and pour this into a greased baking dish.
6. In a bowl, mix panko with the rest of the oil, the rest of the thyme, salt and pepper and stir.
7. Spread this over orzo and shrimp mix, introduce in the oven at 425 degrees F and bake for 20 minutes.
8. Leave orzo and shrimp mix to cool down for a few minutes before dividing on plates and serving.

Nutrition:

calories 345

fat 13

fiber 4

carbs 33

protein 22

Lentils Spicy Salmon

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- ½ teaspoon cumin, ground
- ¼ teaspoon cinnamon, ground
- A pinch of allspice, ground
- ¼ teaspoon ginger, ground
- ¼ teaspoon turmeric
- A pinch of cayenne pepper
- 4 salmon fillets, skinless
- Lemon wedges
- 3 cups water
- 1 cup French lentils, rinsed
- Salt and black pepper to the taste
- 2 tablespoons olive oil
- 1/3 cup apricots, dried and chopped
- 1 yellow onion, chopped
- 1 tablespoon capers
- 1 tablespoon lemon juice
- ½ teaspoon lemon zest, grated
- ½ teaspoon paprika

Directions:

1. Put the water in a pot, add salt, bring to a boil over medium high heat, add lentils and apricots, stir, simmer for 45 minutes and drain.
2. Heat up a pan with 1 tablespoons oil over medium high heat, add the onion, stir and cook for 8 minutes.
3. Add lentils and apricots, lemon zest, lemon juice, capers, parsley, salt and pepper and stir.
4. In a bowl, mix paprika with cumin, ginger, cinnamon, turmeric, cayenne, salt, pepper and allspice and stir.
5. Rub salmon with this mix and place on a plate.
6. Heat up a pan with the rest of the oil, add salmon, cook for 4 minutes, flip and cook for 3 minutes more.
7. Divide salmon on plates, add lentils mix on the side and

serve with lemon wedges.

Nutrition:

calories 450

fat 12

fiber 15

carbs 40

protein 42

Black Sea Dish

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 4

Ingredients:

- 2 red bell peppers, chopped
- 3 garlic cloves, minced
- 15 ounces canned tomatoes, chopped
- 2 bay leaves
- 1 cup white wine
- 1-pint cherry tomatoes, cut in halves
- ¼ cup parsley, chopped
- 1 cup water
- 4 medium black sea bass fillets, skin on
- 2 tablespoons olive oil
- 2 teaspoons olive oil
- Salt and black pepper to the taste
- 1 yellow onion, sliced

Directions:

1. Season fish with salt, pepper and 2 teaspoons oil, rub well, place on a plate and leave aside.
2. Heat up a pot with the rest of the oil over medium high heat, add onion, garlic and bell peppers, some salt and pepper, stir and cook for 5 minutes.
3. Add wine, tomatoes, the water and bay leaves, stir, bring to a boil, reduce heat to medium-low and cook for 10 minutes.
4. Add cherry tomatoes, stir and cook for 2 minutes.
5. Add fish filets, introduce everything in the oven at 350 degrees F and bake for 25 minutes.
6. Take braised fish out of the oven, divide into plates, sprinkle parsley on top and serve.

Nutrition:

calories 345

fat 12

fiber 4

carbs 15

protein 16

Cod Dish

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- ¼ teaspoon red pepper flakes, crushed
- 15 ounces canned tomatoes, chopped
- ½ cup green olives, pitted and chopped
- 1 cup artichoke hearts, marinated and chopped
- 4 cod fillets
- 2 tablespoons oil
- Salt and black pepper to the taste
- 2 ounces pancetta, chopped
- 1 teaspoon thyme, chopped
- 1 yellow onion, chopped
- ½ cup dry white wine

Directions:

1. Heat up a pan with the oil over medium high heat, add pancetta, stir and cook for 3 minutes.
2. Transfer to a paper towel, drain grease and leave aside for now.
3. Heat up the pan again, add fish, season with salt and pepper to the taste, cook for 4 minutes, flip and transfer to a plate with the seared side up.
4. Add onion, pepper flakes and thyme, stir and cook for 4 minutes.
5. Add wine, stir and cook for 1 minute.
6. Add tomatoes, olives and artichokes, stir and cook for 2 minutes.
7. Reduce heat to medium-low, return fish to pan, cover and cook for 3 minutes.
8. Divide into bowls, sprinkle pancetta all over and serve.

Nutrition:

calories 340

fat 3

fiber 2

carbs 13

protein 32

Roasted Salmon

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 4

Ingredients:

- ½ cup pistachios, chopped
- ½ cup parsley, chopped
- 1 tablespoon lemon zest, grated
- 1 tablespoon garlic, minced
- 2 fennel bulbs, sliced into medium wedges
- 3 tablespoons extra virgin olive oil
- 1 small red onion, sliced
- Salt and black pepper to the taste
- 4 salmon fillets, skinless

Directions:

1. In a bowl, mix fennel and onion with salt, pepper and oil, toss to coat, spread into a baking dish, introduce in the oven at 400 degrees F and bake for 25 minutes.
2. Take veggies out of the oven, add salmon, season fish with salt and pepper, introduce in the oven again and bake for 15 minutes more.
3. In a bowl, mix parsley with garlic, pistachios and lemon zest and stir well.
4. Divide salmon and fennel on plates, top with parsley mix and serve.

Nutrition:

calories 430

fat 13

fiber 8

carbs 22

protein 45

Smoked Trout

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- 3 tablespoons lemon juice
- ¼ cup dill, chopped
- 3 tablespoons red wine vinegar
- 2 tablespoon marjoram, chopped
- 2 garlic cloves, minced
- 1 tablespoon water
- 1 tablespoon lemon zest, grated
- Salt and black pepper to the taste
- 10 ounces smoked trout fillet, skinless
- 1 cup Greek yogurt
- 12 ounces green beans
- ½ cup sunflower oil
- 2 cucumbers, chopped
- 4 cups cannellini beans, already cooked
- 1 cup black olives, pitted and chopped
- ¼ cup parsley, chopped
- ½ cup sunflower seeds, toasted
- ½ cup red onion, chopped

Directions:

1. Heat up a pan with the oil over medium heat, add green beans and water, stir, cook for 5 minutes, transfer to a bowl and leave aside for 10 minutes.
2. Add cannellini beans, olives, cucumber, onion, sunflower seeds, parsley, lemon juice, dill, vinegar, garlic, lemon zest, marjoram, salt and pepper and stir.
3. Divide this between plates, add smoked trout on top, yogurt, more salt and pepper, toss to coat and serve.

Nutrition:

calories 300

fat 12

fiber 8

carbs 21

protein 14

Swordfish With Creamy Sauce

Preparation time: 10 minutes **Cooking time:** 2 hours and 30 minutes
Servings: 6

Ingredients:

- Salt and black pepper to the taste
- 1 teaspoon garlic, minced
- $\frac{1}{4}$ cup heavy cream
- 1 and $\frac{1}{2}$ pounds swordfish steaks
- 28 ounces canned tomatoes, chopped
- 1 shallot, chopped
- 1 small fennel bulb, chopped
- 2 tablespoons tomato paste
- 1 tablespoon rosemary
- 1 teaspoon fennel seeds

Directions:

1. In your slow cooker, mix fennel with tomatoes, shallot, tomato paste, fennel seeds, rosemary, garlic, salt and pepper, stir, cover and cook on High for 2 hours.
2. Add fish, season it with salt and pepper, cover it with some of the sauce and cook on High for 30 minutes more.
3. Divide into bowls and serve.

Nutrition:

calories 340

fat 14

fiber 5

carbs 15

protein 32

Cod With Polenta

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 4

Ingredients:

- 4 cod pieces
- 3 ounces butter
- 3 cups water
- Salt and black pepper to the taste
- 2 tablespoons harissa paste
- 2 teaspoons cilantro, chopped
- ½ teaspoon lemon zest
- 1 and ½ teaspoons coriander seeds
- 2 tablespoons lemon juice
- 1 lemon cut in wedges
- 1 cup cornmeal

Directions:

1. Heat up a pan over medium high heat, add coriander seeds, stir and toast for 1 minute.
2. Add the water, lemon zest, salt and pepper and bring to a boil.
3. Add cornmeal, cook for 20 minutes stirring often and take off heat.
4. Heat up another pan with the butter over medium high heat and melt it.
5. Place fish in a baking dish, season with salt and pepper, add harissa, lemon juice and melted butter, stir, introduce in the oven at 400 degrees F and bake for 15 minutes.
6. Take fish out of the oven, divide it between plates, top with cilantro and serve with the polenta you've made at the beginning and with lemon wedges on the side.

Nutrition:

calories 450

fat 23

fiber 2

carbs 30

protein 30

Tuna Steaks

Preparation time: 10 minutes **Cooking time:** 6 minutes **Servings:** 4

Ingredients:

- 1 shallot, chopped
- ½ cup green olives, pitted and chopped
- ½ tablespoon lemon juice
- 2 tablespoons basil, chopped
- 4 tuna steaks, boneless and skinless
- 2 tablespoons extra virgin olive oil
- Salt and black pepper to the taste
- 2 cups cherry tomatoes, yellow and red, cut in halves

Directions:

1. Heat up a pan with the oil over medium high heat, add tuna steaks, season with salt and pepper, cook for about 4 minutes and transfer to a platter.
2. Heat up the pan again over medium heat, add shallots, stir and cook for 1 minute.
3. Add olives, tomatoes, basil, lemon juice, salt and pepper to the taste, stir and cook for 2 minutes.
4. Divide this mix into serving plates, add tuna on the side and serve.

Nutrition:

calories 300

fat 14

fiber 1

carbs 4

protein 42

Mahi Mahi

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- 1 garlic clove, crushed
- 1 teaspoon oregano, dried
- ½ cup green olives, pitted and chopped
- 14 ounces canned tomatoes, chopped
- 1 tablespoon capers, drained
- ¼ cup parsley, chopped
- 4 mahi-mahi fillets, skinless
- 2 tablespoons olive oil
- 1 yellow onion, chopped
- Salt and black pepper to the taste
- ¾ cup dry white wine

Directions:

1. Heat up a pan with 1 tablespoon oil over medium high heat, add fish fillets, season with salt and pepper to the taste, cook for 5 minutes on each side and transfer to a platter.
2. Add the rest of the oil to the pan and heat up over medium heat.
3. Add onion, stir and cook for 3 minutes.
4. Add garlic, stir and cook for 1 minute more.
5. Add oregano and wine, stir, bring to a boil and simmer for 3 minutes.
6. Add tomatoes, olives, capers, salt and pepper, stir, cook for 5 minutes and drizzle over fish.
7. Sprinkle parsley at the end and serve.

Nutrition:

calories 300

fat 11

fiber 2

carbs 7

protein 22

Pan Seared Char

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- 2 rosemary springs
- 3 tablespoons parsley, chopped
- 4 lemon wedges
- 1 tablespoon balsamic vinegar
- 4 red potatoes, sliced
- 4 char fillets
- Salt and black pepper to the taste
- 3 tablespoons olive oil
- ½ cup kalamata olives, pitted

Directions:

1. Put water in a pot, add potatoes and salt, bring to a boil over medium heat, cook for 5 minutes, drain and leave aside.
2. Heat up a pan with 1 and ½ tablespoons oil over medium high heat, add fish, salt and pepper, cook for 3 minutes, flip and cook for 3 more minutes and transfer to a platter.
3. Add the rest of the oil to the pan and heat up over medium high heat as well.
4. Add potatoes and rosemary and cook for 4 minutes.
5. Add olives, salt, pepper, parsley and vinegar, stir gently and cook for 2 minutes more.
6. Add this next to fish and serve with lemon wedges on the side.

Nutrition:

calories 340

fat 21

fiber 2

carbs 1 3
protein 23

Roasted Mushrooms

Preparation time: 10 minutes **Cooking time:** 25 minutes

Servings: 4

Ingredients:

- 2 cups water
- ½ cup parmesan, grated
- ¼ cup parsley, chopped
- ¼ cup green onions, chopped
- 1 garlic clove, minced
- 3 teaspoons lemon juice
- 2 tablespoons pepitas, toasted
- 2 tablespoons olive oil
- Salt and black pepper to the taste
- 16 ounces mushrooms
- 1 cup quinoa

Directions:

1. Spread mushrooms on a lined baking sheet, add 1 tablespoon oil, salt and pepper and toss to coat.
2. Introduce in the oven at 425 degrees F and bake for 18 minutes.
3. Put water and quinoa in a pan, bring to a boil over medium high heat, reduce temperature, cook for 20 minutes, take off heat, cover, leave aside for 5 minutes and fluff with a fork.
4. Add parmesan, parsley, salt, pepper, green onions and the rest of the oil and toss to coat.
5. Add lemon juice and stir again.
6. Divide quinoa on plates, add mushrooms on top, sprinkle pepitas all over and serve.

Nutrition:

calories 132

fat 6

fiber 3

carbs 10

protein 7

Stuffed Peppers

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- 3 ounces feta cheese, crumbled
- Salt and black pepper to the taste
- A handful parsley, finely chopped
- 1 courgette, chopped
- 4 red peppers, cut in halves
- 2 tablespoons olive oil
- 17 ounces already cooked quinoa

Directions:

1. Place peppers on a lined baking sheet, drizzle 1 tablespoon oil, season with salt and pepper, introduce in the oven at 350 degrees F and cook for 15 minutes.
2. Heat up a pan with the rest of the oil over medium heat, add courgette, cook for 5 minutes, take off heat and mix with quinoa, salt, pepper, cheese and parsley and stir.
3. Take peppers out of the oven, divide quinoa mix between them, introduce in the oven again and cook for 5 minutes more.
4. Serve hot.

Nutrition:

calories 245

fat 8

fiber 11

carbs 33

protein 11

Broad Bean Toasts

Preparation time: 15 minutes **Cooking time:** 5 minutes **Servings:** 2

Ingredients:

- Salt and black pepper to the taste
- 2 ounces mixed salad leaves
- 10 cherry tomatoes, cut in halves
- 1 teaspoon lemon juice
- 4 baguette slices
- 12 ounces broad bean
- 3.5 ounces feta cheese, crumbled
- 1 tablespoon olive oil
- 2 tablespoons mint leaves, chopped

Directions:

1. Put some water in a pot, bring to a boil over medium high heat, add beans, cook for 4 minutes, drain and put into a bowl.
2. Add feta and mint, salt and pepper to the taste and half of the oil and toss to coat.
3. In another bowl, mix tomatoes with salad leaves, some salt, pepper, lemon juice and the rest of the oil and toss to coat.
4. Divide this on serving plates, add toasted bread slices and top them with beans mix.
5. Serve right away.

Nutrition:

calories 354

fat 12

fiber 11

carbs 23

protein 20

Spinach with Chili

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- 2 garlic cloves, minced
- 17 ounces spinach
- 1 red chili, chopped
- Salt and black pepper to the taste
- 1 tablespoon butter
- Zest from 1 lemon
- 3 tablespoons bread crumbs

Directions:

1. Heat up a pan with the butter over medium high heat, add breadcrumbs, garlic, chili and lemon zest, cook for 3 minutes, take off heat, transfer to a bowl and season with salt and pepper.
2. Heat up the pan again over medium heat, add spinach, stir and cook for 2 minutes.
3. Divide spinach on plates, top with bread crumbs mix and serve.

Nutrition:

calories 160

fat 7

fiber 3

carbs 20

protein 7

Peppers And Tomatoes Roasted

Preparation time: 10 minutes **Cooking time:** 1 hour and 10 minutes **Servings:** 4

Ingredients:

- 2 garlic cloves, minced
- Salt and black pepper to the taste
- 2 tablespoon olive oil
- 2 ounces canned anchovy, sliced
- 4 red bell peppers, deseeded and cut in halves
- 8 cherry tomatoes cut in halves
- 2 rosemary springs

Directions:

1. Place peppers in a baking dish, add some oil, salt and pepper, toss to coat, introduce in the oven at 300 degrees F and cook for 40 minutes.
2. Take peppers out of the oven, divide tomatoes, anchovies, garlic and rosemary in each half, drizzle the rest of the oil, introduce in the oven again and cook for 30 minutes more.
3. Serve them warm.

Nutrition:

calories 156

fat 11

fiber 3

carbs 13

protein 4

Roasted Asparagus

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- ½ teaspoon oregano, dried
- ¼ teaspoon red pepper flakes
- 4 ounces feta cheese, crumbled
- 2 tablespoons parsley, finely chopped
- Juice of 1 lemon
- 2 pounds fresh asparagus, trimmed
- ¼ cup olive oil
- Salt and black pepper to the taste
- 1 teaspoon lemon zest
- 4 garlic cloves, minced

Directions:

1. Heat up a pan with the oil over medium high heat, add lemon zest, garlic, pepper flakes and oregano, stir and cook for 2 minutes.
2. Place asparagus on a lined baking sheet, add oil mix from the pan and toss to coat.
3. Add cheese, salt and pepper, introduce in the oven at 400 degrees F and roast for 13 minutes.
4. Take asparagus out of the oven, add lemon juice and parsley, toss to coat again, divide between plates and serve hot.

Nutrition:

calories 300

fat 23

fiber 5

carbs 12

protein 12

Stuffed Eggplants

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- 4 small eggplants cut into halves lengthwise
- 1 yellow onion, chopped
- 1 tablespoon garlic, minced
- ½ cup cauliflower, chopped
- 1 teaspoon oregano, chopped
- ½ cup parsley, chopped
- 3 ounces feta cheese, crumbled
- Salt and black pepper to the taste
- 10 tablespoons olive oil
- 2 and ½ pounds tomatoes, cut in halves and grated
- 1 green bell pepper, chopped

Directions:

1. Place eggplant halves on a lined baking sheet, add salt, pepper and 4 tablespoons oil, introduce them in the oven at 375 degrees F and roast for 35 minutes.
2. Heat up a pan with 3 tablespoons oil over medium high heat, add onion, stir and cook for 5 minutes.
3. Add bell pepper, garlic and cauliflower, stir and cook for 5 minutes.
4. Take the pan off the heat, add parsley, tomato, salt, pepper, oregano and cheese and stir well.
5. Take eggplant halves out of the oven, divide tomato mix in each half, drizzle the rest of the oil over them, introduce in the oven again and roast for 10 minutes more.
6. Serve hot.

Nutrition:

calories 240

fat 4

fiber 2

carbs 19

protein 2

Spaghetti With Grilled Veggies

Preparation time: 10 minutes **Cooking time:** 15 minutes

Servings: 4

Ingredients:

- 1 garlic head
- $\frac{1}{4}$ cup olive oil
- 1 teaspoon herbs de Provence
- $\frac{3}{4}$ cup kalamata olives, pitted and chopped
- 2 tablespoons basil, chopped
- 12 ounces spaghetti
- 2 teaspoons marjoram, chopped
- $\frac{1}{2}$ cup feta cheese, crumbled
- 2 zucchinis cut in rounds
- 1 pound plum tomatoes cut in halves
- Salt and black pepper to the taste
- 2 small eggplants cut in rounds
- 1 red onion, sliced
- 1 red bell pepper, roughly chopped

Directions:

1. In a bowl, mix tomatoes with eggplant, red pepper, zucchini, garlic and onion with herbs, salt, pepper and 3 tablespoons oil and toss to coat.
2. Place all veggies on preheated grill, cook for 8 minutes and transfer them to a bowl.
3. Chop veggies, except garlic, return them to the bowl and mix with half of the olives.
4. Put garlic in your food processor, add the rest of the olives and the oil and blend well.
5. Put water in a pot, bring to a boil over medium high heat, add salt, add spaghetti, cook according to instructions, drain and reserve $\frac{1}{2}$ cup of cooking water.
6. In a bowl, mix veggies with half of the garlic sauce, basil and marjoram.
7. Add pasta, stir and transfer everything to a pan.
8. Heat up over medium heat, add reserved cooking liquid

and the rest of the garlic sauce, stir and divide between plates.

9. Sprinkle cheese on top and serve.

Nutrition:

calories 340

fat 23

fiber 11

carbs 32

protein 13

Grilled Eggplant

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 1 and ½ tablespoons olive oil
- 1 tablespoon marjoram, chopped
- 3 tablespoons parsley, chopped
- A pinch of cayenne pepper

For the eggplants:

- 1 eggplant, cut into rounds
- 3 tablespoons olive oil
- Salt and black pepper to the taste
- ½ tablespoon balsamic vinegar
- ½ tablespoon red wine vinegar
- 1 tablespoon currants, dried
- 1 garlic clove
- Salt and black pepper to the taste
- 2 tablespoons pine nuts, toasted and chopped
- 1 red bell pepper

Directions:

1. In a bowl, mix wine vinegar with balsamic one and currants and stir.
2. In a mortar and pestle mix garlic with salt and pepper and pound until you obtain a paste.
3. Grill bell pepper on your kitchen grill, transfer to a bowl, cover, leave aside for a few minutes, peel and chop it.
4. Add bell pepper to the bowl with the currants.
5. Also add garlic paste, 1 and ½ tablespoons oil, cayenne pepper, marjoram, nuts and parsley, stir and leave aside.
6. Heat up your kitchen grill over medium high heat, brush eggplant pieces with 3 tablespoons oil, season with salt and pepper, place them on the grill and cook for 4 minutes.
Flip, cook for another 4 minutes and transfer to plates.

7. Spread relish you've made earlier and serve.

Nutrition:

calories 140

fat 12

fiber 4

carbs 7

protein 2

Eggplant Caviar

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 12

Ingredients:

- 1 teaspoon lemon zest, grated
- 4 tablespoons olive oil
- 2 big eggplants cut in halves
- 30 garlic cloves
- 2 tablespoons lemon juice
- 1 tablespoon parsley, chopped
- Salt and black pepper to the taste

Directions:

1. Put eggplant halves on a lined baking sheet, also spread garlic cloves, drizzle 2 tablespoons oil over them, season with salt and pepper, introduce in the oven at 350 degrees F and roast for 35 minutes.
2. Take eggplants and garlic put of the oven and leave aside to cool down.
3. Peel eggplants, chop flesh well and put in a bowl.
4. Also chop garlic very finely and add to the same bowl.
5. Add salt, pepper, lemon zest, lemon juice, oil and parsley, stir well and keep in the fridge until you serve it.

Nutrition:

calories 20

fat 3

fiber 1

carbs 3

protein 0

Stuffed Avocado

Preparation time: 10 minutes **Cooking time:** 7 minutes **Servings:** 4

Ingredients:

- ½ teaspoon onion powder
- ½ teaspoon thyme
- ½ teaspoon basil
- 1 tablespoon hot sauce
- Juice from 2 limes
- 2 tablespoons olive oil
- 3 tablespoons cilantro, chopped
- 2 avocados, cut in halves and pitted
- 20 shrimp, peeled and deveined
- ¼ cup red onion, chopped
- 1 tomato, chopped
- 1 red chili pepper, chopped
- 1 and ½ teaspoons paprika
- 1 teaspoon cayenne pepper
- Salt and black pepper to the taste
- ½ teaspoon garlic powder

Directions:

1. Drizzle juice from 1 lime over avocado halves, brush them with 1 tablespoon oil and leave aside for now.
2. In a bowl, mix the rest of the lime juice with 1 tablespoon oil, hot sauce, cilantro, salt, pepper and tomato and stir.
3. In another bowl, mix paprika with salt, pepper, onion and garlic powder, cayenne, basil and thyme and stir.
4. Arrange shrimp on skewers, place them on preheated grill over medium high heat, add seasoning mix you've just made, drizzle some oil, cook for 3 minutes on each side, transfer to a cutting board, discard skewers, chop shrimp and add to the bowl with the veggies.
5. Add avocado halves on the grill, cook for a few minutes and transfer to a platter.

6. Spoon veggies and shrimp mix into each half and serve.

Nutrition:

calories 234

fat 12

fiber 4

carbs 12

protein 22

Garlic Beets

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 4

Ingredients:

- Salt and black pepper to the taste
- 2 tablespoons extra virgin olive oil
- A handful cilantro, chopped
- 2 garlic cloves, minced
- 2 pounds beets

Directions:

1. Put beets on a lined baking sheet, introduce in the oven at 400 degrees F and bake for 1 hour.
2. Take beets out of the oven, leave them to cool down, peel, chop and put them in a bowl.
3. Add salt, pepper, garlic, oil and cilantro, stir, divide on plates and serve.

Nutrition:

calories 150

fat 4

fiber 7

carbs 22

protein 4

Beets Patties

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 6

Ingredients:

- ¼ teaspoon allspice, ground
- 1 cup milk
- 1 cup chickpea flour
- 3 tablespoons already cooked chickpeas
- Vegetable oil for frying
- 2 tablespoons lemon juice
- 3 beets
- 4 tablespoons olive oil
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 2 teaspoons cumin, ground

Directions:

1. Heat up a pan with 1 tablespoon olive oil over medium high heat, add onion, allspice and cumin, stir, cook for 4 minutes, take off heat and transfer to a bowl.
2. Put beets in a pot, add water to cover, bring to a boil over medium heat, cook for 20 minutes, drain, cool down, peel and grate.
3. Put milk in a pot, bring to a boil over medium heat, add chickpea flour and whisk well until you obtain a paste.
4. Add salt and pepper to the taste and the rest of the olive oil, stir, reduce heat to low and cook for 8 minutes stirring often.
5. Take paste off heat, cool it down and mix with grated beets, sautéed onions, lemon juice and chickpeas.
6. Stir well, shape small balls from this mix, arrange them on a lined baking sheet and keep in the fridge for a while.
7. Heat up a pan with the vegetable oil over medium high heat, add beets balls, cook for 4 minutes, transfer to paper towels, drain grease and arrange them on a

platter.

8. Serve with Greek yogurt on the side.

Nutrition:

calories 140

fat 4

fiber 6

carbs 20

protein 4

Beet Hummus

Preparation time: 30 minutes **Cooking time:** 1 hour **Servings:** 6

Ingredients:

- 1 tablespoon apple cider vinegar
- 3 garlic cloves, roasted
- Salt and black pepper to the taste
- 3 beets
- 3 tablespoons tahini
- 3 tablespoons olive oil
- 1 teaspoon cumin, ground
- Sesame seeds, toasted for serving

Directions:

1. Put beet in a baking dish, add 1 tablespoon oil, rub them, cover with tin foil, introduce in the oven at 425 degrees F and bake for 1 hour.
2. Take beets out of the oven, leave them to cool down, peel and chop them.
3. Put beets in your food processor, add the rest of the oil, salt, pepper, tahini, garlic, vinegar and cumin and pulse well.
4. Transfer to a bowl, keep in the fridge for 30 minutes, sprinkle sesame seeds on top and serve.

Nutrition:

calories 50

fat 3

fiber 1

carbs 4

protein 2

Roasted Broccoli

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- ½ teaspoon lemon zest, grated
- 10 black olives, pitted and chopped
- 1 tablespoon lemon juice
- 1 teaspoon oregano, dried
- 12 ounces broccoli, cut into small florets
- 1 tablespoon olive oil
- Salt and black pepper to the taste
- 1 cup cherry tomatoes cut in halves
- 2 garlic cloves, minced
- 2 teaspoons capers, drained

Directions:

1. In a bowl, mix broccoli with salt, pepper, tomatoes, garlic and oil and toss to coat.
2. Transfer this to a baking sheet, introduce in the oven at 450 degrees F and bake for 13 minutes.
3. In a bowl, mix capers with lemon zest, lemon juice, oregano and olives and stir gently.
4. Divide roasted broccoli mix on plates, add capers and olives mix on top and serve.

Nutrition:

calories 90

fat 7

fiber 3

carbs 6

protein 4

Pasta With Broccoli

Preparation time: 10 minutes **Cooking time:** 12 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, minced
- ½ cup walnuts, chopped
- 4 anchovy fillets, drained
- ¼ cup parmesan, grated
- 1 and ½ pounds broccoli, stalks and florets chopped
- ¼ cup olive oil
- Salt and black pepper to the taste
- ¾ pound macaroni

Directions:

1. Put water and some salt in a pot, bring to a boil over medium high heat, add broccoli stalks, stir and cook for 3 minutes.
2. Add macaroni stir and cook for 5 minutes.
3. Add broccoli florets, stir, cook for 3 minutes more and drain everything.
4. Heat up a pan with the oil over medium high heat, add walnuts, stir and cook for 2 minutes.
5. Add anchovies and garlic, stir and cook for 2 minutes.
6. Add pasta, broccoli florets and stalks, salt, pepper and parmesan, stir well for 1 minute, take off heat and divide between plates.

Nutrition:

calories 256

fat 7

fiber 5

carbs 42

protein 14

Simple Broccoli Delight

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- ½ pound tomatoes, chopped
- ¼ pint chicken stock
- 8 stuffed olives
- 1 tablespoon oregano, chopped
- 1 tablespoon parsley, chopped
- 1 broccoli head, florets separated and roughly chopped
- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, chopped
- 1 garlic clove, minced
- Salt and black pepper to the taste

Directions:

1. Heat up a pan with the oil over medium high heat, add garlic and onion, stir and cook for 3 minutes.
2. Add tomatoes, chicken stock and oregano, stir, bring to a boil and cook for 3 minutes.
3. Add olives, broccoli, salt, pepper and parsley, stir, cover and cook for 6 minutes more.
4. Divide between plates and serve hot.

Nutrition:

calories 100

fat 1

fiber 3

carbs 3

protein 5

Brussels Sprouts

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon mustard
- 2 garlic cloves, minced
- 1 tablespoon lemon zest
- 1 tablespoon parsley, chopped
- 2 tablespoons parmesan, grated
- 1 pound Brussels sprouts
- 2 teaspoons lemon juice
- 3 tablespoons olive oil
- Salt and black pepper to the taste

Directions:

1. Put Brussels sprouts in a steamer basket and place it in a pot.
2. Add water to the pot, bring to a boil over medium high heat, cover, steam for 10 minutes and transfer sprouts to a bowl.
3. In a bowl, mix oil with, salt, pepper, lemon juice, garlic, parsley, mustard and lemon zest and whisk well.
4. Add this over Brussels sprouts, toss to coat and divide between plates.
5. Sprinkle parmesan on top and serve.

Nutrition:

calories 145

fat 11

fiber 3.3

carbs 9

protein 5

Caramelized Brussels Sprouts

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 4

Ingredients:

- Salt and black pepper to the taste
- 3 tablespoons olive oil
- 2 teaspoons honey
- 2 tablespoons balsamic vinegar
- 1 and ½ pounds Brussels sprouts

Directions:

1. In a bowl, mix Brussels sprouts with 2 tablespoons oil, salt and pepper and toss to coat.
2. Spread Brussels sprouts on a lined baking sheet, introduce in the oven at 425 degrees F and bake for 20 minutes.
3. Take sprouts out of the oven and transfer to a bowl.
4. Add the rest of the oil, balsamic vinegar, honey, salt and pepper, toss to coat, divide into bowls and serve.

Nutrition:

calories 200

fat 8

fiber 3

carbs 7

protein 5

Summer Squash

Preparation time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 1 zucchini, thinly sliced
- ½ teaspoon oregano, dried
- Salt and black pepper to the taste
- 1 plum tomato, chopped
- ¼ cup feta cheese, crumbled
- 1 tablespoon extra-virgin olive oil
- ¼ cup yellow onion, chopped
- 1 summer squash, sliced
- 1 garlic clove, minced

Directions:

1. Heat up a pan with the oil over medium high heat, add onion, stir and cook for 2 minutes.
Add squash and zucchini, stir and cook for 8 minutes.
2. Add garlic, stir and cook for 1 minute more.
3. Add tomato, oregano, salt, pepper and cheese, stir well, take off heat and divide between plates.

Nutrition:

calories 70

fat 5

fiber 2

carbs 4

protein 4

Chickpeas Avocado Salad

Preparation time: 10 minutes **Cooking time:** 30 minutes

Servings: 4

Ingredients:

- 1 avocado, pitted, peeled and chopped
- ½ teaspoon lime juice
- 2 ounces feta cheese, crumbled
- 15 ounces canned chickpeas, drained
- Salt and black pepper to the taste
- 1 tablespoon extra-virgin olive oil
- 2 scallions, chopped

Directions:

1. Place chickpeas on a lined baking sheet, add salt, pepper and oil, toss to coat, introduce in the oven at 400 degrees F and bake for 30 minutes.
2. In a bowl mix avocado with lime juice and mash well.
3. Divide this between plates, add roasted chickpeas on top, salt, pepper, cheese and scallions and serve.

Nutrition:

calories 230

fat 12

fiber 12

carbs 34

protein 13

Fresh Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- $\frac{3}{4}$ teaspoon thyme, chopped
- 2 teaspoons rosemary, chopped
- $\frac{1}{4}$ cup olive oil
- Salt and black pepper to the taste
- 10 ounces baby romaine lettuce, chopped
- 1 pear, cored and cut into medium wedges
- 4 ounces mozzarella, cut into medium pieces
- $\frac{1}{3}$ cup red onion, chopped
- 4 dates, pitted and chopped
- 1 and $\frac{1}{2}$ teaspoons orange zest, grated
- $\frac{1}{4}$ cup orange juice
- 2 oranges, peeled and sliced
- 3 tablespoons white wine vinegar

Directions:

1. In a bowl, mix orange juice with zest, vinegar, thyme, rosemary, oil, salt and pepper and whisk well.
2. Divide orange slices on serving plates, add lettuce leaves, pear wedges, dates, mozzarella, onion, salt, pepper and toss.
3. Add vinaigrette, toss to coat and serve.

Nutrition:

calories 230

fat 12

fiber 7

carbs 32

protein 8

Halloumi And Arugula Salad

Preparation time: 15 minutes **Cooking time:** 4 minutes **Servings:** 4

Ingredients:

- 1 teaspoon parsley, chopped
- ½ teaspoon garlic, minced
- Salt and black pepper to the taste
- 5 ounces arugula
- 5 tablespoons olive oil
- ¼ cup pistachios, chopped
- 8 ounces halloumi cheese, cubed
- 1 tablespoon capers, drained and chopped
- 1 and ½ tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon lemon zest, grated

Directions:

1. Put halloumi in a bowl, add hot water to cover, leave aside for 15 minutes, drain and pat dry well.
2. Heat up a pan with 2 tablespoons oil over medium high heat, add halloumi, stir, cook for 4 minutes, transfer to paper towels, drain excess grease and put in a salad bowl.
3. Add arugula and pistachios and toss.
4. In a small bowl, mix capers with vinegar, lemon zest, parsley, garlic, honey, salt, pepper and the rest of the oil and whisk well.
5. Add this to halloumi salad, toss to coat and serve.

Nutrition:

calories 230

fat 23

fiber 3

carbs 8

protein 16

Herbs Salad

Preparation time: 30 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- ¼ cup cilantro, chopped
- Salt and black pepper to the taste
- ¼ cup fennel, chopped
- ¼ cup dill, chopped
- ¼ cup mint leaves, torn
- 3 radishes, cut into matchsticks
- ¼ cup pistachios, toasted
- ¼ cup tarragon, chopped
- 5 tablespoons olive oil
- 1/3 cup tahini
- ½ cup raisins
- 4 tablespoons lemon juice
- 1 tablespoon water
- ¼ cup chives, chopped
- ¾ cup parsley, chopped
- 1 tablespoon sesame seeds, toasted

Directions:

1. Put raisins in a bowl, add warm water to cover, leave aside for 30 minutes, drain and put in a bowl.
2. In a small bowl, mix tahini with 3 tablespoons lemon juice, 3 tablespoons oil, salt, pepper and 1 tablespoon water and whisk well.
3. Spread this on serving plates and leave them aside for now.
4. In a salad bowl, mix parsley with cilantro, chives, fennel, mint, dill, tarragon, the rest of the oil, the rest of the lemon juice, salt and pepper and toss to coat.
5. Divide this on tahini mix, top with raisins, pistachios, radishes and sesame seeds and serve.

Nutrition:

calories 240

fat 22

fiber 2

carbs 18

protein 4

Chicken Salad

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

For the chicken:

- A drizzle of olive oil
- 6 lemon wedges

For the salad:

- 2 pints cherry tomatoes cut in halves
- 1 small red onion, thinly sliced
- 1 cucumber, sliced
- 1 and ½ tablespoons olive oil
- 1/3 cup black olives, pitted and cut in halves
- 1 cup tzatziki sauce
- Salt and black pepper to the taste
- 1 teaspoon oregano, chopped
- 1 tablespoon oregano, chopped
- 2 garlic cloves, minced
- 5 chicken breast halves, skinless and boneless
- 1 tablespoons lemon zest
- ¼ teaspoon water
- Salt and black pepper to the taste
- 2 tablespoons parsley, chopped
- 4 pitas, toasted

Directions:

1. In a mortar, mix garlic with water, salt, pepper 1 teaspoon lemon zest and 1 tablespoon oregano and stir well.
2. Rub chicken pieces with this mix, drizzle them with some oil, put them on preheated grill over medium high heat, cook for 4 minutes, flip, cook for 1 minutes more, transfer to a plate, squeeze 2 lemon wedges over them, sprinkle parsley and leave aside for now.

3. In a salad bowl, mix tomatoes with olives, onion and cucumber.
4. Add salt, pepper, 1 and ½ tablespoons oil and 1 teaspoon oregano, toss to coat and divide on serving plates.
5. Cut chicken breasts into strips and add on top of salad.
6. Drizzle tzatziki all over and serve with pitas and the remaining lemon wedges.

Nutrition:

calories 400

fat 22

fiber 4

carbs 34

protein 34

Spinach And Steak Salad

Preparation time: 5 hours **Cooking time:** 10 minutes **Servings:** 4

Ingredients:

- 1 tablespoon lemon juice
- 1 tablespoon capers, chopped
- 1 teaspoon thyme, chopped
- 7 ounces feta cheese, cubed
- ¼ teaspoon red chili flakes
- 5 ounces baby spinach
- 2 cucumbers, thinly sliced
- 1 and ½ cups cherry tomatoes cut in halves
- ½ cup kalamata olives, pitted and cut in halves
- 3 garlic cloves, minced
- 5 and ½ tablespoons olive oil
- 2 teaspoons red wine vinegar
- 1 tablespoons oregano, chopped
- Salt and black pepper to the taste
- 2 tablespoons parsley, chopped
- 1 pound beef meat, sliced

Directions:

1. In a bowl, mix 3 tablespoons oil with vinegar, oregano, garlic, salt and pepper and whisk.
2. Add beef meat, cover and keep in the fridge for 4 hours.
3. In another bowl, mix the rest of the oil with thyme, parsley, capers, lemon juice and chili flakes and whisk.
4. Add feta, toss to coat and leave aside for 1 hour.
5. Heat up your kitchen grill over medium high heat, add beef pieces, grill for 8 minutes, turning every 2 minutes, transfer them to a cutting board, leave aside for cool down, thinly slice and season with salt and pepper to the taste.
6. In a salad bowl, mix spinach with tomatoes, cucumber and olives.
7. Add feta and its marinade, salt and pepper to the taste,

- toss to coat and divide on serving plates.
8. Top with steak pieces and serve.

Nutrition:

calories 340

fat 32

fiber 4

carbs 11

protein 34

Grilled Potato Salad

Preparation time: 1 hour **Cooking time:** 50 minutes **Servings:** 6

Ingredients:

- ½ teaspoon sumac, ground
- 1 tablespoon red wine vinegar
- ½ teaspoon sugar
- Salt and black pepper to the taste
- 1 tablespoon orange zest, grated
- 3 tablespoons honey
- 2 tablespoons mint, chopped
- 1/3 cup pistachios, chopped
- 1 cup Greek yogurt
- 4 sweet potatoes
- 3 tablespoons olive oil
- ¼ cup olive oil
- 1/3 cup orange juice
- 1 tablespoon orange juice
- 2 tablespoons pomegranate molasses
- 1/3 cup pomegranate seeds

Directions:

1. Put potatoes on a lined baking sheet, introduce in the oven at 350 degrees F, bake for 40 minutes, leave them aside for 1 hour to cool down, peel them, cut into wedges and put on a cutting board.
2. In a bowl, mix ¼ cup oil with 1 tablespoon orange juice, sugar, vinegar, pomegranate molasses, sumac, salt and pepper and whisk.
3. In another bowl, mix the rest of the orange juice with orange zest, honey, salt, pepper and the rest of the oil and whisk well again.
In a third bowl mix yogurt with some salt and pepper and with the mint and whisk.
4. Brush potato wedges with the honey mix, add some salt, place pieces on your kitchen grill heated over medium high heat, cook for 3 minutes and transfer to serving

plates.

5. Sprinkle pistachios, pomegranate seeds, drizzle the vinaigrette you've made earlier, and serve with the yogurt sauce on top.

Nutrition:

calories 240

fat 14

fiber 3

carbs 32

protein 5

Cucumber Salad

Preparation time: 5 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- 3 cucumbers, peeled and thinly sliced
- Salt and black pepper to the taste
- 1 small red onion, chopped
- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon oregano, dried
- ¼ cup feta cheese, crumbled
- 1 tablespoon dill, chopped

Directions:

1. In a bowl, mix oil with vinegar, oregano, salt and pepper and whisk well.
2. In a salad bowl, mix cucumber slices with onion, cheese and dill.
3. Add salad dressing, toss to coat and serve.

Nutrition:

calories 53

fat 0.3

fiber 0.5

carbs 11

protein 1

Cabbage Salad

Preparation time: 10 minutes **Cooking time:** 2 minutes **Servings:** 4

Ingredients:

- 2 teaspoons honey
- 1 tablespoon lemon zest, grated
- Salt and black pepper to the taste
- 1 cup Greek yogurt
- 1 cabbage head, cut into halves and thinly sliced
- ½ cup mint, chopped
- 2 carrots, cut into thin strips
- 1 teaspoon cumin, ground
- 1 small red onion, chopped
- 1 tablespoon olive oil
- 1 teaspoon coriander, ground
- 2 tablespoons lemon juice
- ¼ cup pistachios, chopped

Directions:

1. Put the onion in a bowl, add water to cover, leave aside for 20 minutes, drain and put in a bowl.
2. Heat up a pan over medium high heat, add oil cumin and coriander, stir, cook for 2 minutes, take off heat and leave aside to cool down.
3. Add salt, pepper, lemon juice, lemon zest, honey and yogurt and stir well.
4. In a salad bowl, mix cabbage with onion, mint and carrots.
5. Add salad dressing, sprinkle pistachios, toss to coat and leave aside for 10 minutes before serving.
6. Add more salt and pepper to the taste and serve.

Nutrition:

calories 139

fat 5

fiber 5

carbs 13

protein 5

Carrot And Raisins Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 6

Ingredients:

- Salt and black pepper to the taste
- ½ cup almonds, toasted and sliced
- ¼ cup black raisins
- 1/3 cup pistachios, toasted
- 1 red chili pepper, chopped
- Juice of 1 lemon
- 5 tablespoons olive oil
- 1 teaspoon ginger, grated
- 1 tablespoon apple cider vinegar
- 8 carrots, peeled and grated
- ½ cup mint, chopped
- 1 tablespoon sumac, ground
- ½ cup parsley, chopped

Directions:

1. In a bowl, mix vinegar with ginger, oil, lemon juice, salt and pepper to the taste and whisk well.
2. In a salad bowl, mix carrots with almonds, raisins, pistachios, chili pepper, salt and pepper and stir.
3. Add vinaigrette, sumac, mint and parsley, toss to coat and serve.

Nutrition:

calories 100

fat 4

fiber 4

carbs 1

protein 4

Bread Salad

Preparation time: 10 minutes **Cooking time:** 7 minutes **Servings:** 4

Ingredients:

- Salt and black pepper to the taste
- 15 ounces canned chickpeas, drained
- 1/3 cup mint, chopped
- 8 ounces cherry tomatoes cut in halves
- 6 ounces feta cheese, crumbled
- 6 ounces snap peas, cut in quarters
- 3 ounces baby arugula
- 1 shallot, chopped
- 1/4 cup lemon juice
- 5 ounces lavash
- 1/2 teaspoon sugar
- 7 tablespoons olive oil

Directions:

1. Introduce lavash in the oven at 350 degrees F and bake for 7 minutes.
2. Take out of the oven and leave aside to cool down.
3. In a bowl, mix sugar with shallot, lemon juice, salt and pepper, stir and leave aside for 10 minutes.
4. Add the oil and mint and whisk again very well.
5. In a salad bowl, mix tomatoes with snap peas, chickpeas and the vinaigrette and toss to coat.
6. Add arugula, feta cheese, crumbled lavash, toss again to coat and serve right away.

Nutrition:

calories 340

fat 23

fiber 12

carbs 23

protein 25

Fennel Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- 2 fennel bulbs, trimmed, cut in halves, cored and shaved crosswise
- Salt and black pepper to the taste
- ¼ cup mint, torn
- ¼ cup olive oil
- ½ cup almonds, toasted and sliced
- 3 tablespoons lemon juice

Directions:

1. In a bowl, mix fennel shavings with lemon juice, salt and pepper, stir and leave aside for 10 minutes.
2. Add the oil and half of the almonds, toss to coat and spread on a platter.
3. Add mint, the rest of the almonds, more salt and pepper and serve.

Nutrition:

calories 200

fat 12

fiber 9

carbs 19

protein 4

Mixed Greens Salad

Preparation time: 10 minutes **Cooking time:** 8 minutes **Servings:** 4

Ingredients:

- 1 and ½ tablespoons sherry vinegar
- Salt and black pepper to the taste
- 1 teaspoon mustard
- 5 cups baby greens
- ¾ cup green olives, pitted and chopped
- 12 thin slices ham, torn
- ½ loaf sourdough bread, cubed
- ¼ teaspoon paprika
- 2 tablespoons manchego, grated
- 9 tablespoons olive oil

Directions:

1. In a bowl, mix 6 tablespoons oil with manchego, paprika and bread cubes, toss to coat, spread on a lined baking sheet, introduce in the oven at 400 degrees F and bake for 8 minutes.
2. In a bowl, mix mustard with salt, pepper, the rest of the oil and the vinegar and whisk well.
3. Put greens in a salad bowl, add baked bread cubes, olives, ham and the vinaigrette you've just made, toss to coat and serve.

Nutrition:

calories 250

fat 14

fiber 2

carbs 15

protein 9

Watermelon And Tomato Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- ¼ cup basil, torn
- ¾ cup feta cheese, cubed
- 2 cups cherry tomatoes cut in halves
- 1 and ½ cups watermelon, chopped
- 2 cups baby arugula
- 3 small cucumbers, chopped
- 1 tablespoon lemon juice
- Salt and black pepper to the taste
- 1 tablespoon olive oil

Directions:

1. In a salad bowl, mix cucumber with arugula, tomatoes, watermelon, basil and feta.
2. In another bowl, mix oil with salt, pepper and lemon juice and whisk well.
3. Pour this over salad, toss to coat and serve.

Nutrition:

calories 140

fat 4

fiber 2

carbs 10

protein 5

Farro Salad

Preparation time: 10 minutes **Cooking time:** 35 minutes

Servings: 8

Ingredients:

- ½ cup olive oil
- 1 tablespoons olive oil
- 1 teaspoon lemon zest, grated
- 1 cup fennel, chopped
- 1 cup jarred artichoke hearts, drained
- 7 cups water
- 3 cups pearled farro
- Salt and black pepper to the taste
- ½ cup black olives, pitted and chopped
- 1/3 cup red wine vinegar
- 1 cup already cooked cannellini beans
- 1 cup radicchio, shredded
- ¼ cup basil leaves, chopped
- ¾ cup pine nuts, toasted

Directions:

1. Put the water in a pot, bring to a boil over high heat, add salt and farro, stir, reduce heat to medium-low and cook for 35 minutes.
2. Drain, rinse and transfer farro to a baking sheet. Spread farro, add 1 tablespoon oil, salt and pepper, toss to coat and leave aside to cool down.
3. In a bowl, mix the rest of the oil with the vinegar, lemon zest, olives, salt and pepper and whisk well.
4. Transfer farro to a salad bowl, add fennel, artichokes, cannellini beans, radicchio, basil, nuts, salt and pepper and toss.
5. Add the vinaigrette, toss to coat and keep in the fridge until you serve it.

Nutrition:

calories 340

fat 21

fiber 9

carbs 45

protein 11

Asparagus Salad

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 4

Ingredients:

- 1 pound asparagus, trimmed
- ½ cup water
- 5 tablespoons olive oil
- 8 slices of prosciutto, chopped
- 2 oranges, peeled, cut into segments
- 1 tablespoon orange juice
- ½ cup pistachios, roasted and chopped
- Salt and black pepper to the taste
- 1-ounce parmesan cheese, grated

Directions:

1. Put asparagus in a heatproof dish, add the water, salt, pepper and 1 tablespoon olive oil, toss to coat, introduce in your microwave and cook on High for 5 minutes.
2. Divide asparagus on serving plates; add prosciutto and oranges on top.
3. Divide pistachios, the rest of the oil and the orange juice on each serving plate.
4. Season with more salt and pepper if needed, sprinkle parmesan at the end and serve.

Nutrition:

calories 230

fat 12

fiber 4

carbs 12

protein 14

Quince Salad

Preparation time: 10 minutes **Cooking time:** 45 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- Salt and black pepper to the taste
- 4 ounces prosciutto, cut into strips
- 2 tablespoons honey
- 2 lemon zest strips
- 1 pound quinces, peeled, cored and cut into quarters
- 4 cups baby arugula
- 2 ounces manchego, shaved
- 4 teaspoons balsamic vinegar
- 1/3 cup almonds, toasted and chopped

Directions:

1. Put quinces in a pot.
2. Add lemon zest, honey and some water to cover them, bring to a boil over medium high heat, cover, simmer for 45 minutes, take off heat and leave aside to cool down.
3. In a salad bowl, mix arugula with ham, oil, salt and pepper.
4. Slice quince quarters and add to salad bowl.
5. Add almonds, and manchego, drizzle balsamic vinegar all over and serve.

Nutrition:

calories 240

fat 12

fiber 3

carbs 18

protein 13

Not Usual Potato Salad

Preparation time: 10 minutes **Cooking time:** 20 minutes

Servings: 8

Ingredients:

- 2 teaspoons marjoram, chopped
- *For the salad:*
- ¼ cup rice vinegar
- 1 tablespoon olive oil
- 3 and ¼ pounds baby red potatoes
- 2 cup frozen artichoke hearts
- ¼ cup lemon juice
- Salt and black pepper to the taste
- 2 teaspoons Dijon mustard
- ¼ cup olive oil
- 2 garlic cloves, minced and mashed
- ½ teaspoon red pepper flakes
- Salt and black pepper to the taste
- ¾ cup mint, chopped
- 1 cup black olives, pitted and chopped

Directions:

1. In a bowl, mix lemon juice with salt, pepper, mustard, ¼ cup oil, 2 garlic cloves, marjoram and pepper flakes and whisk well.
2. In a bowl, mix vinegar with salt and whisk well.
3. Put potatoes in a pot, add salt and water to cover, bring to a boil over high heat, reduce temperature, cook for 10 minutes, take off heat, drain, cool them down, peel and cut them into chunks.
4. Put potatoes in a salad bowl, add rice vinegar mixed with salt and toss to coat.
5. Heat up a pan with 1 tablespoon oil over medium high heat, add artichoke hearts and some salt and brown on both sides.
6. Add these over potatoes, also add mint and olives.
7. Add salt and pepper to the taste and the vinaigrette

you've made at the beginning, toss to coat and serve.

Nutrition:

calories 145

fat 4

fiber 3

carbs 11

protein 4

Bulgur And Grape Salad

Preparation time: 10 minutes **Cooking time:** 1 hour **Servings:** 6

Ingredients:

- ¼ cup parsley, chopped
- 1/3 cup walnuts, toasted and chopped
- 3 tablespoons walnut oil
- 3 tablespoons balsamic vinegar
- 1 cup red grapes, cut in quarters
- 1 cup bulgur
- 1 cup celery, chopped
- 3 tablespoons dried currants
- Salt and black pepper to the taste
- 2 tablespoons shallot, minced
- 1 cup water

Directions:

1. Put the water in a pot, bring to a boil over medium high heat, add bulgur, take off heat and leave aside for 1 hour.
2. Fluff bulgur and transfer to a bowl.
3. Add celery, grapes, parsley, walnuts, walnut oil, currants, shallot, salt, pepper and vinegar, toss to coat and serve.

Nutrition:

calories 220

fat 1

fiber 6

carbs 24

protein 5

Chickpeas Salad

Preparation time: 10 minutes **Cooking time:** 1 hour and 30 minutes **Servings:** 4

Ingredients:

- 3 potatoes
- 1 cup yogurt
- ¼ cup sour cream
- 1 tablespoon ginger, grated
- 1 teaspoon fennel seeds, toasted and ground
- 1 and ½ teaspoons cumin, toasted and ground
- 1 cucumber, chopped
- 1 hot green chili pepper, chopped
- 1 red onion, chopped
- ¼ cup mint, chopped
- 3 cups canned chickpeas, drained
- 2 bay leaves
- ¼ teaspoon turmeric
- Salt and black pepper to the taste
- 1 yellow onion, cut in half
- ¼ cup cilantro, chopped
- 8 cups water

Directions:

1. Put beans in a pot, add the water over them, bring to a boil over medium high heat, add bay leaves, yellow onion, salt, pepper and turmeric, stir, reduce to medium and cook for 1 hour and 30 minutes, take off heat and leave aside to cool down.
2. Meanwhile, put potatoes in another pot, add salt, bring to a boil over high heat, cook for 20 minutes, drain, leave aside to cool down, peel and cut them into small cubes.
3. In a bowl, mix yogurt with sour cream, cumin, ginger, chili pepper and fennel and whisk well.
4. In a bowl mix chickpeas with red onion, potatoes and cucumber.

5. Add mint, cilantro, more salt and pepper to the taste and the yogurt dressing.
6. Toss to coat and serve after 15 minutes.

Nutrition:

calories 210

fat 4

fiber 8

carbs 32

protein 8

Desserts

Italian Almond Pie

Prep time: 15 minutes **Cooking time:** 50 minutes

Servings: 8

Ingredients

- 1 teaspoon cardamom
- ½ teaspoon ground clove
- 1 teaspoon ground anise
- 1 teaspoon vanilla extract
- 1 egg, beaten
- 1-pound pie crust
- 4 tablespoon almond paste
- 8 oz pears
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- 4 tablespoon lemon juice
- 1 tablespoon butter
- ½ cup almond flakes

Directions:

1. Roll the pie crust carefully.
2. Then spread the form with the butter and put the rolled pie crust there.
3. After this, slice the pears and sprinkle them with the lemon juice to avoid the dark spots on the fruits.
4. Put the fruits in the pie form.
5. Combine the brown sugar, cinnamon, cardamom, ground clove, and ground anise in the shallow bowl. Stir it gently with the fork.
6. After this, sprinkle the spice mixture over the sliced pears.

7. Add the vanilla extract.
8. Whisk the egg and brush the surface of the pie.
9. Then make the layer of the almond flakes over the pie.
10. Preheat the oven to 365 F.
11. Put the pear pie in the oven and bake it for 50 minutes.
12. Then remove the pie from the oven and let it cool briefly.
13. Discard the pie from the form.

Nutrition:

calories 357
fat 20.1
fiber 2
carbs 39.64
protein 5

Italian cream Hot Chocolate

Prep time: 5 minutes **Cooking time:** 8 minutes **Servings:**
4

Ingredients

- 1 teaspoon vanilla sugar
- 1 cup cream
- 4 tablespoon milk
- 10 oz dark chocolate
- 1 tablespoon brown sugar
- 1 teaspoon potato starch

Directions:

1. Melt the chocolate in the water bath.
2. When the dark chocolate is liquid – add brown sugar and vanilla sugar.
3. Whisk the mixture until sugar is dissolved.
4. After this, combine milk with the potato starch and whisk it until homogenous.
5. Then add cream to the melted dark chocolate mixture and stir it gently.
6. When you get homogenous mass – pour the potato starch liquid slowly into the mixture.
7. Whisk it carefully.
8. Chill the cooked hot chocolate for 5 minutes.

Nutrition:

calories 580
fat 33.4
fiber 7
carbs 61.52
protein 9

Cream Lemon Pie vanilla

Prep time: 15 minutes **Cooking time:** 40 minutes

Servings: 10

Ingredients

- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 tablespoon lemon zest
- 1 teaspoon butter
- 1 cup cream
- 3 cup flour
- 5 eggs
- 1 cup sugar
- ½ tablespoon baking soda

Directions:

1. Crack the eggs into the bowl and whisk them well.
2. Add sugar and whisk the liquid until you get lemon color.
3. After this, add cream and mix the mixture with the help of the hand mixer.
4. Then add flour, salt, vanilla extract, cinnamon, lemon zest, and baking soda.
5. Knead the smooth and liquid dough.
6. Preheat the oven to 365 F.
7. Spread the cake form with the butter inside.
8. Then pour the dough into the form and place in the oven.
9. Bake the cream lemon pie for 40 minutes. Check if it is done with the help of the toothpick.
10. Remove the cooked pie from the oven and chill it very well.

Nutrition:

calories 293

fat 10.2

fiber 1

carbs 40.35

protein 9

Chocolate Salami

Prep time: 1.3 hour **Cooking time:** 7 minutes **Servings:** 8

Ingredients

- 4 tablespoon caster sugar
- 8 oz biscuits
- ¼ cup hazelnuts
- ½ cup peanuts
- 12 oz dark chocolate
- 1 teaspoon amaretto
- 1 cup butter
- ¼ cup sugar
- 3 tablespoon cocoa powder
- 4 egg

Directions:

1. Melt the dark chocolate and combine it with amaretto.
2. Stir the mixture and chill it.
3. Meanwhile, beat the eggs in the mixer bowl and add butter.
4. Mix the mass up until you get a fluffy texture.
5. Then add sugar and continue to mix it for 1 minute more.
6. Combine the mixed butter mass with the chilled dark chocolate and stir it with the help of the spoon.
7. After this, crush the hazelnuts and peanuts.
8. Add the nuts to the chocolate mixture. Knead it.
9. Then transfer the chocolate mass on the plastic wrap and roll it up to make the shape of the sausage.
10. Put the chocolate sausage in the freezer and leave it there for 1 hour.

11. After this, discard the chocolate sausage from the freezer and make it dry with the help of the paper towel.
12. Sprinkle the chocolate sausage with the caster sugar and slice it.
13. Serve the dessert!

Nutrition:

calories 746

fat 52.7

fiber 6

carbs 56.7

protein 15

Strufolli-Sdandart

Prep time: 15 minutes **Cooking time:** 15 minutes

Servings: 9

Ingredients:

- 6 teaspoon sugar
- 4 tablespoon butter
- 2 eggs
- 1 cup olive oil
- 9 tablespoon honey
- 4 tablespoon lime juice
- 2 cups flour
- $\frac{1}{2}$ teaspoon baking soda
- 1 tablespoon lemon juice
- 1 teaspoon lime zest
- 1 teaspoon orange zest
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoon caster sugar
- 7 oz pistachio, crushed

Directions:

1. Combine the flour with the baking soda and lemon juice.
2. Add lime zest and orange zest.
3. After this, add $\frac{1}{4}$ teaspoon salt and sugar.
4. Beat the eggs in the dough.
5. Add butter and knead the smooth and non-sticky dough.
6. Then cut the dough into 6 parts.
7. Wrap the dough in the plastic foil and refrigerate for 10 minutes.
8. After this, cut every dough piece into 4 pieces more and make the balls.

9. Pour the olive oil into the saucepan and preheat it until the oil starts to boil.
10. Then toss the smalls dough balls in the hot oil and fry them for 1 minute on the medium heat.
11. Transfer the fried dough balls on the paper towel.
12. Combine honey and lime juice in the separated saucepan.
13. Preheat it on the medium heat till the mass is liquid.
14. Add the crushed pistachios and stir it.
15. Then transfer the fried dough balls to the serving plate. Make the circle from the dough balls.
16. Then sprinkle the balls with the honey liquid.

Nutrition:

calories 594

fat 41.6

fiber 3

carbs 49.92

protein 9

Tiramisu-New

Prep time: 20 minutes **Servings:** 8

Ingredients:

- 7 tablespoon mascarpone
- 10 oz ladyfingers
- ¼ cup brewed coffee
- 2 teaspoon cocoa powder
- 5 egg yolks
- 6 tablespoon sugar
- 1 teaspoon vanilla extract

Directions:

1. Whisk the yolks with the sugar until you get a lemon color mixture.
2. After this, add vanilla extract and mascarpone.
3. Continue to whisk the mixture for 1 minute more.
4. Then make the layer of the ladyfingers.
5. Sprinkle the ladyfingers with the brewed coffee.
6. Then make the layer of the whisked mascarpone cream and cover it with the ladyfingers again.
7. Add the second layer of the mascarpone cream.
8. Sprinkle the tiramisu with the cocoa powder.
9. Put the cooked tiramisu in the fridge for 5 hours to make the ladyfinger to soak the mascarpone cream.

Nutrition:

calories 228

fat 8.9

fiber 1

carbs 29.02

protein 8

Sicilian Cannoli

Prep time: 10 minutes **Cooking time:** 13 minutes

Servings: 9

Ingredients:

- 5 teaspoon red wine
- 4 teaspoon butter
- 1 egg
- 1 cup olive oil
- 8 oz ricotta
- 1 cup flour
- 2 teaspoon sugar
- 4 teaspoon cocoa powder
- 1/3 teaspoon wine vinegar
- 1 cup white sugar
- 1/4 teaspoon vanilla extract
- 2 tablespoon orange zest

Directions:

1. Sift the flour into the bowl.
2. Add sugar and cocoa powder.
3. After this, add wine vinegar and butter.
4. Beat the egg in the mixture and knead the smooth and non-sticky dough.
5. Then roll the dough into the thin circle.
6. Make the circles from the dough with the help of the cutter.
7. Pour olive oil into the saucepan and make it hot.
8. Sprinkle the cannoli from with the oil gently and wrap the dough circles on the cannoli forms.
9. After this, put the cannoli with the forms in the hot oil and fry it for 1 minute or until the cannoli is golden brown.
10. Chill the cooked cannoli and dry them

with the help of the paper towel.

11. Make the filling for the cannoli: combine ricotta and white sugar in the mixer bowl.
12. Add vanilla extract and mix it carefully with the help of the mixer.
13. After this, put the ricotta cream in the pastry bag and fill the cannoli.
14. Sprinkle the dessert with the orange zest.

Nutrition:

calories 179

fat 10.6

fiber 1

carbs 15.72

protein 6

Almond Italian Cookies

Prep time: 10 minutes **Cooking time:** 25 minutes

Servings: 8

Ingredients:

- 1 cup almond flakes
- 5 eggs
- 4 tablespoon strawberry jam
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 2 cup almond flour
- ½ cup sugar
- ¼ teaspoon salt

Directions:

1. Beat 4 eggs in the mixer bowl and whisk them.
2. Add almond flour and strawberry jam.
3. After this, add salt and vanilla extract.
4. Knead the non-sticky dough.
5. Whisk the egg in the bowl.
6. Make the log from the almond flour dough and cut it into the small balls.
7. Then deep the almond flour balls in the whisked egg.
8. After this, coat the almond flour balls in the almond flakes.
9. Preheat the oven to 365 F.
10. Put the cookies on the tray and cook them for 25 minutes.
11. Then chill the cookies very well.
12. Serve the dish immediately.

Nutrition:

calories 112

fat 6.3

fiber 0

carbs 7.5

protein 6

R-ta Cheesecake

Prep time: 10 minutes **Cooking time:** 15 minutes

Servings: 8

Ingredients:

- 1 cup Philadelphia cheese
- ½ cup almonds, crushed
- 1 teaspoon cornstarch
- ½ cup sugar
- 3 tablespoon butter
- 2 cups ricotta cheese
- ½ teaspoon kosher salt
- 7 eggs
- 1 teaspoon vanilla extract
- 1 tablespoon lemon zest

Directions:

1. Beat the 1 egg in the big bowl and whisk it.
2. Add the crushed almonds, butter, and vanilla extract.
3. After this, add kosher salt and knead the non-sticky dough.
4. Then cover the round pie-form with the parchment.
5. Then transfer the almond dough in the form and flatten it well.
6. After this, make the filling for the cheesecake:
Put the ricotta cheese and Philadelphia cheese in the mixer bowl.
7. Add cornstarch and sugar.
8. After this, add the lemon zest and mix it well with the help of the mixer.
9. When you get fluffy and soft mixture – the filling

is cooked.

10. Preheat the oven to 365 F.
11. Pour the filling on the cheesecake crust and flatten it gently with the help of the plastic spatula.
12. Transfer the cheesecake to the preheated oven and cook the dish for 15 minutes. In the end, you should get the lightly golden brown crust.
13. Remove the cheesecake from the oven and chill well.

Nutrition:

calories 333

fat 24.5

fiber 0

carbs 9.99

protein 18

Pannacotta

Prep time: 10 minutes **Cooking time:** 10 minutes

Servings: 4

Ingredients:

- 6 tablespoon white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon fresh mint
- 5 tablespoon milk
- ½ cup heavy cream
- 1 tablespoon gelatin

Directions:

1. Combine gelatin with the milk and whisk it until gelatin is dissolved.
2. After this, pour the heavy cream into the saucepan and preheat it.
3. When the heavy cream is hot – add vanilla extract and gelatin mixture very slowly.
4. Whisk it constantly till the gelatin and heavy cream mixture are combined.
5. Then add sugar and continue to whisk the creamy mixture until sugar is dissolved.
6. Then remove the cooked creamy mixture from the heat and chill it well.
7. Pour the ice water into the bowl and put the saucepan with the cream mixture there.
8. Whisk it carefully to get the warm mixture.
9. Then pour the pannacotta in the serving glasses and the dessert in the fridge.
10. Refrigerate the pannacotta until it is solid.
11. Then put the fresh mint on the top of the pannacotta.

Nutrition:

calories 124

fat 8.3

fiber 0

carbs 10.97

protein 1

Yogurt Mousse

Preparation time: 8 hours **Cooking time:** 3 minutes **Servings:** 4

Ingredients:

- 2 tablespoons water
- *For the berries:*
- 1 tablespoon honey
- $\frac{1}{4}$ cup balsamic vinegar
- A pinch of black pepper
- 2 cups yogurt
- $\frac{1}{4}$ cup honey
- A pinch of salt
- $\frac{1}{2}$ vanilla bean
- $\frac{3}{4}$ cup heavy cream
- 2 cups mixed blueberries and raspberries
- 4 amaretto cookies, crushed

Directions:

1. Strain yogurt, spoon into a cheesecloth, press, cover and keep in the fridge for 4 hours.
2. Heat up a pan with the water and a pinch of salt over medium high heat, add $\frac{1}{4}$ cup honey, vanilla seeds and the bean, stir, bring to a boil, cook for 2 minutes, take off heat, leave aside to cool down for 10 minutes and discard vanilla bean.
3. Mix cream with a mixer, add yogurt and whisk for 3 minutes.
4. Divide this into dessert glasses, cover and keep in the fridge for 4 hours.
5. Before serving the mousse, heat up a pan over medium heat, add vinegar, a pinch of pepper and 1 tablespoon honey, stir, bring to a boil and simmer for 2 minutes.
6. Take off heat, add berries, stir and pour over yogurt mousse.
7. Garnish each glass with crumbled amaretto cookies.

Nutrition:

calories 340

fat 21

fiber 3

carbs 43

protein 6

Grilled Peaches

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- 2 teaspoons salt
- 3 tablespoons sesame seeds, toasted
- 1 teaspoon mint
- 1 teaspoon nigella seeds
- ½ teaspoon marjoram, dried
- 1/3 cup almonds, toasted
- 1/3 cup pistachios, toasted
- 1 tablespoon cumin seeds
- 1 tablespoon caraway seeds
- 1 tablespoon cumin seeds
- 1 teaspoon crushed pepper
- 1 teaspoon lemon zest, grated
- 4 peaches, halved
- A drizzle of olive oil
- Whipped cream
- Blueberries

Directions:

1. In your food processor, mix pistachios with almonds, coriander, cumin, caraway, crushed pepper, sesame seeds, salt, nigella seeds, mint, marjoram and lemon zest and ground everything well.
2. Heat up your grill over medium high heat, add peach halves, brush them with some oil, grill for 4 minutes and divide between plates.
3. Add some of the nuts mix you've made and serve with blueberries and whipped cream.

Nutrition:

calories 70

fat 1

fiber 4

carbs 17

protein 1

Almond Cake

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 10

Ingredients:

- Zest from 1 orange, grated
- 1 and $\frac{1}{4}$ cups sugar
- 6 eggs, whites and yolks separated
- $\frac{1}{2}$ pound almonds, blanched and ground
- Zest from 1 lemon, grated
- 4 drops almond extract
- Confectioner's sugar

Directions:

1. Beat egg yolks with your mixer very well.
2. Add sugar, almond extract, orange and lemon zest and almonds and stir well.
3. Beat egg whites in another bowl with your mixer.
4. Add egg yolks mix and stir everything.
5. Pour this into a greased baking dish, introduce in the oven at 350 degrees F and bake for 40 minutes.
6. Take cake out of the oven, leave it to cool down, slice, dust confectioners' sugar on top and serve.

Nutrition:

calories 200

fat 0

fiber 0

carbs 23

protein 6

Orange And Hazelnut Cake

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 10

Ingredients:

For the syrup:

- 2 and ½ tablespoons orange juice
- 1 and ¼ cups sugar
- 2/3 cup water
- 2 and ½ tablespoons orange water
- Zest from 1 orange, grated

For the cake:

- 2 and ¼ cups hazelnut flour
- 5 eggs, whites and yolks separated
- 1 cup sugar
- 2 tablespoons confectioners' sugar for serving
- 1 and 1/3 cups Greek yogurt for serving
- Pulp from 4 passion fruits

Directions:

1. Put the water in a pot and bring to a boil over medium high heat.
2. Add orange juice and 1 and ¼ cups sugar, stir and boil for 10 minutes.
3. Take off heat, add orange zest and orange water, stir and leave aside.
4. In a bowl, beat egg yolks with 1 cup sugar and hazelnut flour using your mixer.
5. In another bowl, beat egg whites using your mixer as well.
6. Combine the 2 mixtures and stir well.
7. Pour this batter into a greased and lined baking form, introduce in the oven at 350 degrees F and bake for 30 minutes.

8. Take cake out of the oven, leave it to cool down a bit, slice and serve with the orange sauce you've made, with yogurt, confectioners' sugar dusted on top and passion fruit pulp on the side.

Nutrition:

calories 234

fat 1

fiber 2

carbs 4

protein 7

Easy Semolina Pudding

Preparation time: 10 minutes **Cooking time:** 7 minutes **Servings:** 18

Ingredients:

- 2 and ½ cups water
- 1 cup raisins
- 2 cups semolina, ground
- 1 cup olive oil
- 4 cups hot water
- 1 teaspoon cinnamon powder

Directions:

1. Heat up a pan with the oil over medium high heat, add semolina and brown it for 3 minutes stirring often.
2. Add sugar, stir and cook for 4 minutes more.
3. Add hot, water, stir, reduce heat and simmer for a few more minutes until it thickens.
4. Divide into bowls, sprinkle raisins and cinnamon and serve.

Nutrition:

calories 240

fat 12

fiber 1

carbs 32

protein 3

Greek Ice Cream

Preparation time: 2 hours **Cooking time:** 0 **Servings:** 8

Ingredients:

- 2/3 cup sugar
- 2/3 cup heavy cream
- 4 and 1/4 cups Greek yogurt
- 6 tablespoons lemon juice

Directions:

1. In your ice cream maker, mix yogurt with cream, sugar and lemon juice, stir, introduce in your freezer for 2 hours and then serve.

Nutrition:

calories 134

fat 7

fiber 0

carbs 16

protein 1

Honey Baked Nectarines

Preparation time: 10 minutes **Cooking time:** 30 minutes

Servings: 3

Ingredients:

- 1 teaspoon vanilla extract
- 3 teaspoons brown sugar
- 3 nectarines, cut into halves and stones removed
- 6 tablespoons yogurt
- 3 tablespoons honey

Directions:

1. Place nectarines on a lined baking sheet, add brown sugar, honey and vanilla, introduce in the oven at 350 degrees F and bake for 15 minutes.
2. Take nectarines out of the oven, toss them a bit in the pan, introduce in the oven again and bake for 15 minutes more.
3. Serve them with Greek yogurt on top.

Nutrition:

calories 221

fat 7

fiber 3

carbs 55

protein 2

Yogurt Pudding

Preparation time: 10 minutes **Cooking time:** 0 minutes **Servings:** 1

Ingredients:

- 5 drops vanilla stevia
- 1 tablespoon cocoa powder
- $\frac{3}{4}$ cup Greek yogurt
- 4 tablespoons strawberry jam

Directions:

1. In a bowl, mix yogurt with cocoa powder and stir.
2. Add vanilla stevia and stir again.
3. Top with strawberry jam and keep in the fridge until you serve.

Nutrition:

calories 113

fat 4

fiber 2

carbs 14

protein 12

Bread Pudding

Preparation time: 10 minutes **Cooking time:** 40 minutes

Servings: 6

Ingredients:

- 1.5 ounces sugar
- 1-pint milk
- 3 tablespoons brandy
- 12 ounces bread, sliced
- 1.5-ounce sultanas
- 2 tablespoons lemon marmalade
- 4 eggs
- 4 allspice berries, crushed
- $\frac{1}{4}$ teaspoon nutmeg, grated

Directions:

1. Place half of the bread slices in a baking dish and spread marmalade over them.
2. Sprinkle sultanas and add the rest of the bread slices.
3. In a bowl, mix eggs with milk, nutmeg, allspice, sugar and brandy and whisk well.
4. Pour this over bread pudding, introduce in the oven at 350 degrees F and bake for 40 minutes.
5. Take bread pudding out of the oven, leave it aside to cool down, slice, arrange on plates and serve.

Nutrition:

calories 300

fat 12

fiber 1

carbs 32

protein 24

Lemon Pudding

Preparation time: 10 minutes **Cooking time:** 5 minutes **Servings:** 4

Ingredients:

- Juice from 2 lemons
- A pinch of salt
- Zest of 2 lemons, grated
- $\frac{3}{4}$ cup sugar
- 2 and $\frac{1}{2}$ cups milk
- $\frac{1}{4}$ cup cornstarch
- 3 egg yolks, whisked
- 2 tablespoons butter
- Whipped cream

Directions:

1. In a bowl, mix cornstarch with sugar, milk, egg yolks, salt and zest and whisk well.
2. Pour this into a pan, heat up over medium heat, stir and cook until it thickens.
3. Take off heat, add butter and lemon juice and stir.
4. Divide into 4 dishes, leave pudding aside to cool down and serve with whipped cream on top.

Nutrition:

calories 200,

fat

fiber 1

carbs 4

protein 1

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